

Provided by Illinois Harvest of the Month

Waldorf Cole Slaw



CRISP AND TART, THIS SALAD COMBINES GREEN APPLES WITH FRESH CABBAGE IN A DELIGHTFUL SALAD.

THIS IS AN AUTUMN FAMILY RECIPE FOR CABBAGE.

Adapted from Epicurious.com

Prep Time	Total Time	Yield	Serving Size	Energy	HAACP Process	Related Curriculum?
30 min	30 min	10	(1) 2.25 oz	312 cal	2	[Enter here]

CUISINE

American

COURSE

Breakfast

USDA MEAL COMPONENTS

[Enter USDA Meal Components]

Separate components w/ comma

DIET

Vegetarian

Ingredients

- ✓ 12 Pounds, 8 Ounces White Cabbage, Cored and Chopped
- ✓ 20 Granny Smith Apples, Cut into Julienne Strips
- ✓ 20 Ribs of Celery, Sliced Thin Diagonally
- ✓ 6 1/4 Cups Walnuts
- ✓ 2 1/2 Cups Mayonnaise
- ✓ 2 1/2 Cups Plain Yogurt Or Plain Greek Yogurt
- ✓ 5 Tablespoons Dijon-Style Mustard
- ✓ 15 Tablespoons Sugar

- ✓ 1 Cup, 2 Ounces Vegetable Oil
- ✓ 1 Tablespoon, 3/4 Teaspoon Salt or To Taste
- ✓ 1 Cup, 2 Ounces Red Wine Vinegar

Method

- 1 In a very large bowl, stir together the cabbage, the apple strips, the celery, and the walnuts.

- 2 In a small bowl whisk together the mayonnaise, the yogurt, the mustard, the sugar, the oil, the salt, and the vinegar until the dressing is smooth.

- 3 Pour the dressing over the cabbage mixture, and toss the slaw well.

- 4 Chill the slaw, covered, for 2 hours.

- 5 The slaw can be made 1 day in advance. Keep covered and chilled.

Add info and interesting facts here.

Nutrition Facts		
Serving Size		(1) 2.25 oz
Amount per serving		
Calories		312
		% Daily Value*
Total Fat	20.9 g	26.79%
Saturated Fat	2.5 g	12.5%
Trans Fat	0 g	
Cholesterol	4 mg	1.33%
Sodium	319 mg	13.87%
Total Carbohydrate	28.6 g	10.4%
Dietary Fiber	6.6 g	23.57%
Total Sugars	18.6 g	
Protein	7.2 g	14.4%
Vitamin D (Cholecalciferol)	0 IU	0%

Calcium	89 mg	6.85%
Iron	2 mg	11.11%
Potassium	462 mg	9.83%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.