



Makes 9 cups
Cook Time: 30 minutes

INGREDIENTS:

⅓ cup unsalted raw cashews

1 12-oz. pack shredded cabbage
with carrot (coleslaw mix)

3 Granny Smith apples cut into
thin strips or chopped (2 cups)

1 cup seedless red grapes
halved

1 stalk celery thinly sliced (½
cup)

½ teaspoon onion powder

½ teaspoon dry mustard

½ cup unsweetened plant milk,
such as almond, soy, cashew, or
rice

2 teaspoons poppy seeds

Sea salt and freshly ground
black pepper, to taste

Green Apple Coleslaw

Move over, cabbage: Apples make for a deliciously crunchy coleslaw in this fresh take on the classic lunch side. Featuring red grapes and a cashew-based sauce, this quick and easy dish has all the color and creaminess of traditional coleslaw with none of the cholesterol.

By Nancy Macklin, RDN

- 1** In a small bowl, submerge cashews in enough hot water to cover; let stand at least 15 minutes, and then drain. Set aside.
- 2** In a large bowl combine cabbage, apples, grapes, and celery.
- 3** For dressing, in a small food processor or blender combine cashews, onion powder, and mustard. With processor running, slowly add milk until mixture is creamy and smooth. Stir in poppy seeds.
- 4** Pour dressing over cabbage mixture; toss to coat. Season with salt and pepper.