

Autumn Harvest Salad

Yield: 40 cups, 2 oz. servings

From Vermont FEED: Food Education Every Day! www.vtfeed.org

Ingredients:

3 medium green cabbages, cored and thinly sliced
1 medium red cabbages, cored and thinly sliced
8-10 Carrots, shredded
8-10 Tart, crisp apples, cored and cubed (leave the skins on for nutrition and color)
.5 C. cider vinegar
.5 C. red wine vinegar
1 C. oil (olive or vegetable)
1 t. each salt and pepper
.25 C. honey
Salt and pepper to taste
1 C. dried cranberries or raisins (optional)

Directions:

- 1) Shred or slice cabbage and carrots in food processor.
- 2) Cube or slice apples. Peeling is not necessary.
- 3) Place vinegar and honey in bowl and whisk in oil (can be done in a blender or food processor).
- 4) Toss remaining ingredients with vinaigrette

Let salad stand for 1 hour to marinate before serving.

Variations:

-add dried fruits such as cranberries