

NYBG

HONEY & HARVEST WEEKEND

CARROT APPLE CABBAGE SLAW 2 WAYS

Prepared by Whitney Reuling, Children's Aid Society, and
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Yield: 6–8 Servings

Ingredients

Salad

- 1 large carrot (about 4 ounces)
- 2 ribs celery, diced small
- 1/4 medium cabbage (1/2 pound)
- 2 apples, preferably tart such as Granny Smith or Pink Lady, cored and quartered

Honey-Chipotle Dressing

- 3/4 cups extra-virgin olive oil or avocado oil
- 1/4 cup Apple Cider vinegar
- 3 tablespoons honey
- 1–2 chipotles in adobo, plus an extra teaspoon of the sauce
- 2 garlic cloves
- 2 tablespoons freshly-squeezed lime juice
- 1/2 teaspoon dried oregano
- Sea salt and fresh cracked pepper to taste

Honey-Thyme Dressing

- 1 tablespoon plus 2 teaspoons fresh lemon juice
- 1 teaspoon finely grated lemon zest
- 2 tablespoon honey
- 1/2 teaspoon chopped thyme
- 1/4 cup extra-virgin olive oil
- Kosher salt and freshly ground pepper

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Instructions

Whisk together each dressings, respectively and store separately.

Shred the carrot, cabbage and apples. You can use a chef's knife, but you can also use a box grater or mandolin. Use a knife for the celery. Toss immediately with the dressing. Serve.