

Cabbage, Cranberry and Apple Slaw with Sugar Snaps and Pecans

adapted from a *Cooking Light* recipe, 2003



5 cups cabbage, thinly sliced, part white and part red

1/2 cup dried cranberries

1/3 cup seasoned rice vinegar

3 tablespoons sugar, or Splenda

2 tablespoons white wine vinegar

2 tablespoons olive oil

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

2 1/4 cups red apple, thinly sliced or julienned

1/2 cup sugar snap peas, trimmed and sliced lengthwise into 3 pieces each

1/4 cup Italian parsley, finely chopped

1/2 cup chopped pecans, toasted

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 8

1. Combine cabbage and cranberries in a large bowl. If using both red and white cabbage, place cranberries on the bottom, red cabbage next, then the white cabbage.
2. Combine vinegar and next 5 ingredients (vinegar through pepper), stirring with a whisk; drizzle over cabbage mixture, tossing gently to coat. If using both white and red cabbage do not stir the cabbage (the red will bleed into the white). Cover and chill 2 hours.
3. Add apple, parsley and sugar snap peas and toss well to combine. Sprinkle with pecans.

Per Serving (excluding unknown items): 136 Calories; 9g Fat (53.3% calories from fat); 2g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 212mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.