



Cabbage and Dill Salad

Recipe From Just Say Yes To Fruits and Veggies

6 servings

Add any leftover cabbage from this recipe to soups, salads and sandwiches for a nice crunch!

Ingredients

2 cups shredded cabbage
1 cup grated carrots
1 tablespoon vegetable oil
2 tablespoons apple cider vinegar
1 tablespoon minced dill (optional)
1/2 teaspoon salt (optional)

Materials

Grater
Large Bowl
Measuring spoons
Measuring cups
Cutting board
Knife

Directions

- 1.) In a large bowl, add cabbage and carrots. Mix well.
- 2.) In a small bowl, add oil, vinegar, dill, salt and pepper. Mix well.
- 3.) Pour oil and vinegar dressing over cabbage mixture and toss.
- 4.) Serve immediately or refrigerate for about 30 minutes before serving.
- 5.) Refrigerate leftovers.

Nutrition Facts

Serving Size (56g)
Servings Per Container

Amount Per Serving

Calories 35 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 1g

Vitamin A 60% • **Vitamin C 20%**

Calcium 2% • **Iron 2%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

View Online

<http://capitalregionesny.org/recipes/cabbage-dill-salad>

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