



APPLE, CRANBERRY & CABBAGE SLAW

Recipe on back!

Live Better is an Archbold Medical Center-led collaborative of community leaders and partners focused on improving the overall health of the citizens of Thomas County, Georgia.

Morrison Healthcare is proud to be a Live Better partner.
Create a healthier you—eat better to live better.

**Share these tips with your friends and family
so we can all Live Better!**



Yields: 6 servings • Portion size: 1 cup

APPLE, CRANBERRY & CABBAGE SLAW

INGREDIENTS

1½ lb. red
cabbage, fresh,
sliced thin

½ c. dried
cranberries

⅓ c. sugar

⅓ c. rice wine
vinegar

2 Tbsp. white
wine vinegar

¼ tsp. salt

½ tsp. ground
black pepper

4 c. apples, sliced

⅔ Tbsp.
canola oil

METHOD

Combine cabbage and cranberries in a large bowl. In a small bowl, whisk together sugar, both vinegars, canola oil, salt and pepper. Drizzle over cabbage mixture. Toss gently to coat. Cover and let chill for 2 hours. Add apples and toss to combine. For extra crunch, top with some toasted pecans!