

NOVEMBER: Waldorf Coleslaw •

Makes: 10-12 servings.. Total Time: 40 minutes

Ingredients:

- 2 ½ -pound white cabbage, cored and chopped (about 12 cups)
- 4 Granny Smith apples, cut into julienne strips
- 4 ribs of celery, sliced thin diagonally
- 1 ½ cups walnuts
- ½ cup mayonnaise
- 1/2 cup plain yogurt
- 1 T Dijon-style mustard
- 3 T sugar
- ¼ cup vegetable oil
- ¾ teas salt, or to taste
- ¼ cup red-wine vinegar



Directions:

In a very large bowl, stir together the cabbage, the apple strips, the celery, and the walnuts. In a small bowl whisk together the mayonnaise, the yogurt, the mustard, the sugar, the oil, the salt, and the vinegar until the dressing is smooth, pour the dressing over the cabbage mixture, and toss the slaw well. Chill the slaw, covered, for 2 hours. The slaw can be made 1 day in advance. Keep covered and chilled.



.....cut here.....

HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?
(circle one) YES NO
2. Did your family enjoy preparing this month's featured recipe?
 YES NO
3. Is this the first time your family members have tried this vegetable / fruit?
 YES NO
4. Did your family members learn new facts or information about this month's fruit or vegetable?
 YES NO
5. Did your family like this month's featured item?
 YES NO