

HOW TO SHRED

CABBAGE



1

Cut in half through the core.

Cut the halves into quarters.

2



3

Cut away the core.

Lay each quarter flat and slice into thin strips.

4



Turn over for a delicious recipe you can try at home!

RECIPE



Asian Style Coleslaw

INGREDIENTS

- 5 cups cabbage, shredded
- 1 can mandarin oranges, drained
- ½ cup peanuts, almonds, or cashews
- ⅔ cup light Italian dressing
- 2 tablespoons low-sodium soy sauce

1. Mix together the cabbage, oranges, and nuts in a large bowl.
2. Mix Italian dressing and soy sauce in a small bowl. Pour over cabbage and mix well.

*Makes 12 servings. Recipe courtesy of
Maryland Food Supplemental Nutrition Education Program.*

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**For more assistance, text FEEDS to 797979
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