



Cider Vinegar Coleslaw

SERVING: 1.5 CUPS
YIELD: 6

PREP TIME: 5 MINS
TOTAL TIME: 35 MINS

Ingredients

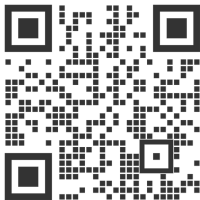
- 3 tbsp Apple Cider Vinegar
- 2 tbsp Extra Virgin Olive Oil
- 1-1/2 tbsp Honey
- 1 tsp Celery Seed Seasoning
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 1 pkg Tri-color Coleslaw Mixture
- 1 cup Shredded Carrots
- 1 cup Fresh Parsley, chopped
- 4 bulbs Green Onions, chopped

Directions

1. Whisk the vinegar, honey, celery seed, salt and black pepper in a large bowl.
Whisk in the vegetable oil.
2. Add the cabbage and carrots and toss to combine.
3. Stir in the parsley and green onions.
Toss.
4. Cover the slaw and refrigerate at least 30 minutes (optional).
5. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size	1.5 cups (0.0g)
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 0.9mg	6%
Potassium 290mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Cost information includes lower cost ingredients found at local grocery store 02/24/23.



Cost Per Recipe	Cost Per Serving
\$5.13	\$0.86

VARY YOUR VEGGIES

Why Eat Vegetables?

Julie Garden-Robinson, Ph.D., R.D., L.R.D.
Food and Nutrition Specialist

Rate Your Vegetable Use:

How many vegetables do I include daily in my diet?

Four ways I prepare vegetables are:

Six vegetables I frequently use in my home are:

If liquid is left on my cooked vegetables, I:

Vegetables are versatile, nutritious, colorful and flavorful. Not only are they naturally low in calories, fat and sodium, but they also are good sources of important vitamins, minerals and dietary fiber. Vegetables do not contain cholesterol. Increasing vegetable consumption can replace foods higher in calories and fat.

Vegetables are rich sources of vitamins, particularly A and C. The value of a vegetable as a source of a nutrient is affected both by the amount of the nutrient present and by the amount of the vegetable eaten.

Carrots, leafy green vegetables and sweet potatoes are good sources of vitamin A. Likewise, peppers and tomatoes are good sources of vitamin C. On the other hand, potatoes, while lower in vitamin C, also are a good source of the nutrient because large amounts of potatoes are eaten. Other vegetables are good sources of folic acid, niacin, thiamin, vitamin B-6, minerals (such as calcium and potassium) and fiber. (See Table 1.)

Cooking Tips

Three R's for cooking vegetables for best nutrition:

- **Reduce** the amount of water used.
- **Reduce** the cooking time.
- **Reduce** the amount of exposed surface by limiting cutting, paring and shredding.

Overcooking will destroy color, crispness (texture) and some nutrients of the vegetable. Do not add baking soda to retain color because this will destroy nutrients.

Table 1. Nutrient-rich Veggies: What Are the Good Sources?

	A ¹	C ¹	Folic Acid ¹	Niacin ¹	Thiamin ¹	B6 ¹	Magnesium ¹	Iron ¹	Calcium ¹	Potassium ²	Dietary Fiber ³
Artichoke, globe (french)		x	x				x			x	x
Asparagus		xxx	x							x	
Beans, dried, cooked			x				x	x		xx	x
Beans, green or yellow		x									x
Beets			x								x
Broccoli	x	xxx	x				x		x		x
Brussels sprouts		xxx	x								x
Cabbage, Chinese or green		xx									x
Carrots	xxx										x
Cauliflower		xxx	x							x	
Chard	x	x					x			xx	
Collards	x	x									
Corn			x		x					x	
Endive, chicory, romaine, escarole	x	x	x								
Kale	xxx	xxx									
Kohlrabi		xxx									
Mushrooms				x						x	
Okra		x	x				x				x
Onion		x									
Peas		x	x		x					x	x
Peas, split, cooked			x		x		x	x		xx	x
Peppers, sweet red	xx	xxx									
Peppers, sweet green		xxx									
Plantain	x	xxx				xx	x			xxx	
Potatoes, with skin		xx		x		x				xxx	x
Pumpkin	x	x								xx	
Radishes, 6 large		x									
Rutabagas		xx								x	
Snow peas		xxx									
Spinach, cooked	xxx	x	xx			x	x	x	x	xx	x
Spinach, raw	x	x	x								
Squash, summer, yellow		x									
Squash, winter		x								xxx	x
Sweet potato	xxx	xxx				x				xx	x
Tomatoes	x	xx								x	
Turnip greens	xxx	x	x						x		
Watercress		x									

¹A selected serving contains (x) 10 to 24 percent of the U.S. recommended daily allowance (RDA) for adults and children more than 4 years old, (xx) 25 to 39 percent of the U.S. RDA for adults and children more than 4 years old, (xxx) 40 percent of the U.S. RDA for adults and children more than 4 years old.

²A selected serving contains at least + 200 to 349 milligrams.

³A single serving size contains at least 2 grams of dietary fiber.

NDSU Extension does not endorse commercial products or companies even though reference may be made to trade names, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.assad@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.

NDSU | EXTENSION

Fargo, North Dakota
Reviewed April 2020

www.ag.ndsu.edu



Eat Smart. Play Hard. Together.
For more information about nutrition, visit
www.ndsu.edu/eatsmart.

Source: Adapted from "Creative Vegetable Cookery,"
NDSU Extension Service; authored by Pat Beck.

Materials were partially funded by USDA's Supplemental Nutrition Assistance Program.