

## Ruby-Red Coleslaw

Yield: 8 servings

### Ingredients:

1/3 cup red wine vinegar  
1/3 cup canola oil  
2 tablespoons sugar  
1 small head red cabbage, shredded  
2 Red Delicious apples, cored, sliced and cut into  
1-inch pieces  
1 cup seedless red grapes, halved lengthwise  
1 small red onion, chopped  
salt and freshly ground black pepper to taste

### Procedure:

Mix together vinegar, oil and sugar and set aside. Prepare vegetables and fruit and add dressing to the produce as soon as apples have been cut to prevent discoloring. Mix ingredients well. Adjust seasoning with salt and pepper. Allow salad to stand for several hours refrigerated before serving. Toss occasionally during refrigeration.

contains 150  
calories and  
9 grams of fat  
per serving  
(one-eighth of  
the recipe)

**Ruby Red Coleslaw is a  
flavorful, crunchy salad that  
also provides about 60 percent  
of the daily recommended  
vitamin C and 2 grams of fiber.**



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