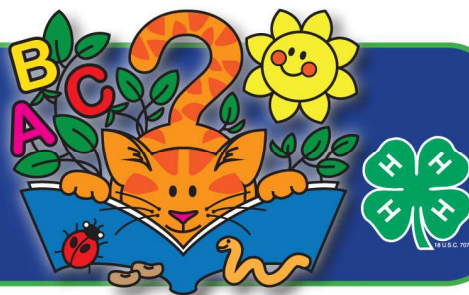


SEEDS, WEEDS & GARDEN READS

Michigan 4-H Gardening & Nutrition Activities for 5- TO 8-Year-Olds

Coleslaw With Apples



Coleslaw With Apples

“Cole” is the name for the group of vegetables that includes broccoli, Brussels sprouts, cabbage and cauliflower. The tasty salad we call “coleslaw” usually has raw, sliced cabbage as its main ingredient. It often also includes carrots, onions and other vegetables. This version includes apples to increase its “kid appeal.”

INGREDIENTS:

- ½ cup low-fat lemon yogurt
- 2 tablespoons cider vinegar
- 1 tablespoon light mayonnaise or salad dressing
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups thinly sliced or shredded green and/or red cabbage
- 1 medium apple, cut in thin wedges

EQUIPMENT:

- Large mixing bowl
- Whisk
- Paring knife or plastic knives (Check with the sponsoring organization of your meeting about their policy on children handling knives.)
- Cutting board
- Dry measuring cups
- Measuring spoons
- Serving spoon (one per mixing bowl)

PROCEDURE:

1. Have the group members wash their hands with soap and warm water for 20 seconds before beginning to prepare the recipe. Be sure that all work surfaces are clean.
2. If the cabbage is not shredded, use the paring knife to cut it into short, thin slices. (Smaller slices will be easier for the children to eat without making a mess.) Cut the apple into thin wedges.
3. In the large bowl, whisk together the yogurt, vinegar, mayonnaise, salt and pepper.
4. Add the cabbage and apple and toss to coat.
5. Serve and enjoy!

Makes 8 servings.

Today your child read a story called The Giant Cabbage that was about a moose who grows a giant cabbage in his vegetable garden in Alaska. Moose is so proud of his giant cabbage that he decides to enter it in the Giant Cabbage Contest at the fair. But he has a few problems to solve before he can do that.

Ask your child how moose solved his problems and about his animal friends.

We also made Coleslaw with apples. The recipe is provided so you can make it with your child. You could also experiment and try to add other fruits and vegetables to the coleslaw like carrots and pears.

Curiosity Cat says, “I love to eat cabbage!”



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