

## Fennel and Apple Slaw

### Ingredients:

- Juice of 1/2 of a lemon
- 1 tablespoon honey
- 1/8 teaspoon kosher salt
- 2 firm apples, cored, peeled, and grated (large holes of grater)
- 1 medium to large fennel bulb, leaves and tops of the stems trimmed, quartered, and sliced as thinly as possible
- 1 bunch radishes or turnips, peeled if necessary and grated (large holes of grater)
- 1 tablespoon minced fresh chervil (optional)

### Equipment:

- Cutting board
- Knife
- Medium Bowl
- Wooden spoon
- Box grater
- Measuring spoons
- Measuring cups

Number of Servings: 4  
 Prep Time: 10 minutes  
 Total time: 15 minutes

### Directions

1. In a medium bowl, combine the lemon juice, honey, and salt, stirring until blended well.
2. Add the apples, fennel, and radishes, and toss to combine. Let stand for 10 minutes to let the flavors mix.
3. Add the chervil, if using. Taste and adjust with more lemon juice, honey, or salt before serving.

**TIP: Try putting slaw on roast beef or turkey sandwiches!**

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### Nutrition Facts

Serving Size: 1 cup			
Servings: 4			
Amount Per Serving		Calories from Fat 0	
<b>Calories 78</b>			
		%Daily Value*	
<b>Total Fat</b> 0g			0%
Saturated Fat 0g			0%
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 90mg			4%
<b>Potassium</b> 359mg			10%
<b>Total Carbohydrate</b> 20g			7%
Dietary Fiber 4g			15%
<b>Protein</b> 1g			2%
Vitamin A 3%	Vitamin C 25%		
Iron 4%	Calcium 4%		
*Percent Daily Values are based on a 2,000 calorie diet.			

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