

# Waldorf Cabbage Salad

by Nina Gelman-Gans

This recipe is hands-down healthy. It is rich in fiber and vitamin C. Many of the ingredients have cancer fighting properties. Use organic vegetables plus skins to increase nutritional content. Look at the benefits below!

**Cabbage:** Great fiber + cancer fighter

**Orange:** Rich in vitamin C.  
Tip: Zest (grate) the outer layer of the orange skin to capture the highest concentration of vitamin C.

**Carrots:** Rich in beta carotene. If the carrots are organic, keep the peels, they have concentrated nutrients.

**Walnuts:** Rich source of omega 3's. Eating a moderate amount of walnuts is good for the circulatory system.

**Yogurt:** Helps the digestive system.

## Shopping List:

- 1 small green cabbage
- 3-4 apples
- 6 large carrots
- ½ cup raisins
- 2 large oranges (for juice)
- Mayonnaise or yogurt
- 1 bunch green onions
- ½ cup diced walnuts

## Directions:

1. Cut out apple cores and dice apples into ¼" pieces. Include the skin - it is rich in vitamin C and dietary fiber!
2. Juice 2 oranges and mix with ¼ cup mayonnaise or yogurt. (Add 1 tsp sugar, Stevia, or agave syrup to sweeten yogurt. Mix thoroughly with apple chunks.)
3. Cut cabbage in half, and chop into ¼" in pieces. Add to mixture.
4. Scrub carrots well and grate. Add to mixture. (Peel conventional carrots.)
5. Chop green onions into ¼" slices, using the entire onion. Add to mixture.
6. Add chopped walnuts and raisins.

► **Simply Healthy Eating  
At Your Fingertips!**

7. This may be served immediately, but chilling overnight allows flavors to blend.
8. Presto! Enjoy!

Serves 6-10

Double for a party or pot-luck.



© 2009 Pitome Publishing, LLC 805-898-9207  
PO Box 30961 \* Santa Barbara, CA \* 93130  
ideas@pitome.com \* www.pitome.com

*Fresh local ingredients feed  
the body and help the planet.*