

the Fresh Food Rx

Food Connection

 **Wake Forest[®]**
Baptist Health

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Recipe of the week:

Apple Cabbage Slaw

Ingredients:

- 1 head cabbage, cored and finely chopped
- 1 apple, cut into matchstick-size pieces
- ¼ onion, thinly sliced
- ½ cup apple cider vinegar
- ½ cup white sugar
- ¼ cup + 2 Tbsp olive or vegetable oil
- 1 Tbsp Dijon mustard
- ¼ teaspoon red pepper flakes

Directions:

1. Toss cabbage, apples, and onions together in a large bowl.
2. Whisk together vinegar, sugar, oil, Dijon mustard, and red pepper flakes together in a saucepan over medium heat. Bring dressing to a simmer.
3. Pour hot dressing over the cabbage mixture and toss to coat. Cover the bowl and refrigerate so flavors can blend and slaw is cold – about an hour.

Adapted from allrecipes.com



- *Did you know 1 medium size head of cabbage yields about 8 cups shredded?*
- *Remember when shredding cabbage, use a sharp knife and work on a flat surface.*
- *Cut the cabbage in half, then quarters. Cut the core of each cabbage quarter away at an angle.*
- *Finally, slice along the shorter side of the cabbage to make your cabbage slaw.*

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All about ... *KIWI*

- Kiwi is a delicious, small fruit that is native to China. It is also grown in New Zealand and California.
- A ripe kiwi should have some give when you gently squeeze it. It is not ready yet if it is rock hard, and overripe if it's mushy.
- Kiwi has a furry brownish green skin, and the inside is bright green with small edible dark seeds surrounding a white center.



How to Eat a Kiwi?

- Make 'kiwi cups' by cutting one in half, leaving the skin on, and scooping the inside out with a spoon.
- Slice off the ends, peel the outer layer, then cut into slices to add to a fruit salad.
- Freeze slices of kiwi to eat as a snack or dessert.
- Make a green smoothie with kiwi, spinach, yogurt, and banana.



**Where do you
find a cow with
no legs?**

**Right where
you left it.**

We could all use a little something to laugh about...

How are stars like false teeth?

They both come out at night

What do you call it when Batman skips church?

Christian Bale

Why is milk the fastest liquid around?

It is pasteurized before you even see it.

Why did the scarecrow get an award?

He was outstanding in his field.

**How do you find
Will Smith in the snow?
You look for the fresh prints.**