



BELL PEPPER & APPLE COLESLAW

 @Gleanersfan



Ingredients:

1 small head green or Napa cabbage

1 orange or red bell pepper

1 Gala or Fuji apple

1/4 cup sliced almonds

1/4 cup apple juice

1 tbsp vegetable oil

2 tbsp cider vinegar

2 tsp Dijon mustard

1/4 tsp salt

1 dash black pepper

Color your meal!



MyPlate.gov

Directions:

1. Whisk oil, apple juice, vinegar, mustard, salt, and pepper together in a small bowl.
2. Shred or thinly slice cabbage and cut apple and pepper into small chunks.
3. Place cabbage, apples, peppers, and almonds in a large bowl.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

food BANK **MiDHHS**
Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

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للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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