



today's main ingredient

A  LOCAL FOOD PODCAST



Three Apple Slaw

INGREDIENTS

1 Honeycrisp apple
1 Gala apple
1 Granny Smith apple
1/4 cup mayonnaise
4 teaspoons apple cider vinegar
1 teaspoon poppy seeds (optional)
1/4 teaspoon hot sauce (such as Tabasco)
4 inner celery stalks, thinly sliced diagonally, plus 1/4 cup tender celery leaves
1 cup chopped fresh, flat-leaf parsley
1/3 cup snipped fresh chives (optional)

STEP 1 – Cut each unpeeled apple lengthwise into quarters, and discard cores. Thinly slice apple quarters lengthwise, and then stack the slices, and cut lengthwise again into thin sticks.

STEP 2 – Whisk together mayonnaise, vinegar, poppy seeds (if using), and hot sauce in a large bowl; season with 1/2 teaspoon salt and 1/4 teaspoon pepper.

STEP 3 – Add apple sticks, celery, celery leaves, parsley, and chives (if using); toss to combine.