

# Kid-Friendly Chopped Cabbage Salad

**Serves 24**

**Ingredients:**

8 cups finely chopped red or green cabbage (about 2/3 of a large head)

4 large carrots, peeled and grated

2 small apples, chopped fine

4 cups baby spinach, finely chopped

4 Tbsp fresh lemon juice

4 tsp honey or other sweetener

4 tsp plain yogurt

4 Tbsp olive oil

1 tsp coarse salt kosher or sea salt



**Directions:**

1. Add cabbage, shredded carrot, chopped apple, and spinach to a large bowl.

2. In a small bowl, whisk the lemon juice, honey, yogurt, and olive oil until combined.

3. Pour dressing over veggies and toss until everything is well combined.

4. Sprinkle it with salt and toss again. Taste and add more salt or lemon juice as needed.

5. Serve immediately or store in the fridge for up to a day.