



INGREDIENTS

- 3 Pounds Sauerkraut
- 1½ Cups Carrot (shredded)
- 3 Cups Apple (chopped)
- 1½ Cups Onion (minced)
- 3 Tablespoon Parsley
- 6 Tablespoons Olive Oil
- 3 Tablespoons Sugar
- Salt and Pepper (to taste)

DIRECTIONS

1. Strain liquid from the sauerkraut.
2. Add carrot, apple, onion and parsley to your sauerkraut in a large bowl. Stir in olive oil and sprinkle with sugar, salt and pepper. Mix thoroughly.
3. Refrigerate for 30 minutes.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

9 Cups

PORTION SIZES

Toddler: ¾ Cup

Preschool: ¾ Cup

School Age: 1 Cup

Adult: ¾ Cup