

Apple Coleslaw

Ingredients:

1/2 cabbage
1 carrot
1/2 green pepper
1 apple
6 ounces nonfat yogurt, plain
1 tablespoon reduced-calorie mayonnaise
1 teaspoon lemon juice
1/4 teaspoon dill weed

Equipment:

Cutting board
Knife
Grater
Measuring cups
Measuring spoons
Large bowl
Small bowl
Spatula

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Number of Servings: 4
Prep Time: 10 minutes
Total Time: 10 minutes

Directions

1. Remove outer leaves of cabbage that are wilted or dirty, and wash under cool water. Cut cabbage in half through the core. Lay the half on the flat side, and cut in half again, through the core. Save other half of cabbage for another use. Cut out the core. Slice into very thin layers. Add to bowl.
2. Wash carrots. Use a grater to shred carrot, add to bowl. With a knife, cut the top off the green pepper and cut in half. Remove the white membrane and seeds, and cut into strips and then into small pieces. Add to bowl. Save the other half for later.
3. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into small pieces. Add to bowl.
4. In a smaller bowl, add the yogurt, mayonnaise, lemon juice, and dill weed. Stir together well to make a dressing.
5. Pour the dressing over the salad. Toss to mix. Serve.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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