

Apple Coleslaw

Serves 4

Ingredients:

2 cups cabbage
1 medium carrot
½ green pepper
1 apple
5 tablespoons yogurt, low-fat
1 tablespoon mayonnaise, low-fat
1 teaspoon lemon juice
¼ teaspoon dill weed



Directions:

1. Cut cabbage into fine shreds, until you have 2 cups.
2. Peel the carrot, grate with grater.
3. Chop green pepper.
4. Remove the core of the apple and chop.
5. Place cabbage, carrot, green pepper, and apple in large mixing bowl. Stir together.
6. In a separate bowl, mix yogurt, mayonnaise, lemon juice, and dill weed to make a dressing.
7. Pour dressing over salad and combine.

Nutrition Information per serving (1/4 of recipe):

Calories: 62, Total Fat: 2g, Saturated Fat: 0g, Unsaturated Fat: 2g, Cholesterol: 1mg, Sodium: 59mg ,
Carbohydrate 11g, Fiber: 2g, Sugar: 7g, Added sugar: 0g, Protein: 2g

SOURCE: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>
