

Apple Coleslaw

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>

Ingredients

2 cups cabbage
1 carrot (medium, grated)
1/2 green pepper (chopped)
1 apple (chopped)
5 tablespoons yogurt, low-fat
1 tablespoon mayonnaise, low-fat
1 teaspoon lemon juice
1/4 teaspoon dill weed

Directions

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot and grate with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core and chop apple in small pieces.
5. Put the cabbage, carrot, green pepper and apple in a large mixing bowl; stir.
6. Put yogurt, mayonnaise, lemon juice, and dill weed in small bowl; stir to make dressing.
7. Pour dressing over the salad. Toss to mix.

Makes 4 servings.

Nutritional Information

Calories: 60	Dietary Fiber: 2 g
Total Fat: 2 g	Sodium: 60 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 mg	Carbohydrates: 11 g

