

Apple Coleslaw

Makes: 4 servings

The sweet and crunchy coleslaw blends cabbage, carrot, apple, and green

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. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.

Nutrition Information

Nutrients	Amount
Calories	60
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	60 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

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6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.

7. Pour the dressing over the salad. Toss to mix.

Notes

Add salt and pepper to taste.

Learn more about:

- [Cabbage](#)
- [Carrots](#)
- [Apples](#)
- [Bell Peppers](#)

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes