



Apple Coleslaw



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Servings: 4
Serving Size: 1/2 cup

INGREDIENTS

- 2 cups cabbage
- 1 cup shredded carrots
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, non-fat
- 1 teaspoon lemon juice
- Season to taste (salt, pepper, dill)

DIRECTIONS

1. Wash the cabbage and cut into fine shreds.
2. Chop half a green pepper into small pieces.
3. Remove the core, and chop apple into small pieces.
4. Put the cabbage, carrots, green pepper and apple in a large mixing bowl and stir.
5. Put the yogurt, lemon juice and seasonings in a small bowl and stir to make the dressing.
6. Pour the dressing over the slaw mixture and toss to mix.

TIP

This recipe can be prepared up to 8 hours in advance. Store slaw mixture and dressing separately and combine just before serving. Try adding green onions, dried cranberries or slivered almonds for extra flavor.

