Healthy Children, Healthy Family

Apple Coleslaw

Makes: 8 servings of ½ cup each
Preparation time: 15 minutes

Ingredients:
- 2 cups of cabbage
- 1 medium carrot
- ½ bell pepper
- 1 apple
- 5 tablespoons low-fat, plain yogurt
- ½ cup raisins
- 1 teaspoon lemon juice
- 1 tablespoon low-fat mayonnaise
- 1 teaspoon dill weed
- Salt and pepper to taste
- Optional: ¼ cup canned pineapple, crushed and drained

Instructions:
1. Wash and shred the cabbage.
2. Peel and grate the carrot.
3. Chop the 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.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir to make a dressing.
7. Pour the dressing over the salad. Mix well. Add salt and pepper to taste if desired.

My Family’s Goal: We will try our best to


Copyright©2016 Regents of the University of California. Please cite accordingly. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2011-68001-30167 and Project CA-D*-NTR-2117-H.