

Apple Coleslaw

Ingredients:

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

Preparation:

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

Yields 4 servings

Nutritional Information Per Serving: 60 calories, 2g protein, 11g carbohydrate (2g fiber), 1.5g fat, 0mg cholesterol, 55mg sodium

Source: U.S. Department of Agriculture

