

Apple Cabbage Slaw

- 3 c. Cabbage, shredded (Approx. 1 bag)
- 2 c. Apples, sliced thin
- 1 c. Celery, slice diagonally
- ½ c. Onions (green or white, sliced thin)

DRESSING

- 1/3 c. Plain lowfat yogurt (or plain Greek Yogurt or light sour cream) or vanilla yogurt
- 2 Tbs. Pineapple juice (or honey) - omit if using vanilla yogurt
- ½ t. Prepared mustard (or 2 t. Dijon mustard)
- ½ t. Celery seeds
- 2 Tbsp. apple cider vinegar (more or less)
- ¼ c. Mayonnaise (optional)
- ¾ c. Sliced almonds or slivered
- ¾ c. Dried cranberries (craisins) or other dried fruit, minced

METHOD:

1. Combine vegetables
2. Combine dressing. **Taste and adjust.** Add to vegetables.
3. Serve immediately or chill and serve. A tasty side dish or topping for sandwiches. Use your favorite seasonal apple variety. Adapted from Celebrating a Healthy Harvest Recipes--Cookbook)
4. Variations...Add grilled chicken and other vegetables such as carrots, bell peppers, etc.

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Good taste. Good health.

Per ½ c. Serving
(Makes 10 Serv.)

Nutrition Facts

servings per container	
Serving size	(117g)
Amount per serving	120
Calories	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 3g Added Sugars	6%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	6%
Potassium 143mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2 000 calories a day is used for general nutrition advice.