

INGREDIENTS

- 2 cups shredded cabbage
- 1 medium carrot, grated
- 1/2 medium green pepper, chopped
- 1 medium apple, chopped
- 5 tablespoons low-fat yogurt
- 1 tablespoon low-fat mayonnaise
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

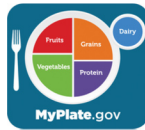
Apple Coleslaw

TIME: 50 MINUTES

SERVINGS: 4



Adapted from: [MyPlate.gov](https://www.MyPlate.gov)



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.

INGREDIENTS

- 2 cups shredded cabbage
- 1 medium carrot, grated
- 1/2 medium green pepper, chopped
- 1 medium apple, chopped
- 5 tablespoons low-fat yogurt
- 1 tablespoon low-fat mayonnaise
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

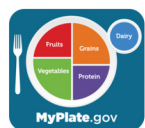
Apple Coleslaw

TIME: 50 MINUTES

SERVINGS: 4



Adapted from: [MyPlate.gov](https://www.MyPlate.gov)



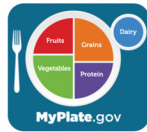
This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.

PROCEDURE

Apple Coleslaw

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.
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.
8. Add salt and pepper to taste.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.

PROCEDURE

Apple Coleslaw

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.
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.
8. Add salt and pepper to taste.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.