

## Apple Coleslaw

*This recipe blends crisp cabbage, sweet apple, and crunchy carrot with a creamy yogurt and mayonnaise dressing. It is high in fiber, Vitamins A and C. This refreshing and tangy side dish is perfect for summer or fall barbeques.*

**Yield:** 4 servings

**Serving Size:** 1/4 of recipe (126 g)

### Ingredients:

- 2 cups shredded red or green cabbage
- 1 medium carrot, peeled and grated
- 1/2 medium green pepper, seeded and chopped
- 1 medium apple, core removed and chopped small
- 5 tablespoons low-fat Greek yogurt
- 1 tablespoon low-fat mayonnaise
- 1 teaspoon lemon juice
- 1/4 teaspoon dried dill weed

### Instructions:

1. Wash and prepare ingredients. Finely shred 2 cups of cabbage, peel and grate the carrot, and chop the green bell pepper and apple into small pieces.
2. Combine the cabbage, carrot, green bell pepper, and apple in a large mixing bowl.
3. Prepare the dressing by mixing together the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl.
4. Pour the dressing over the salad mixture and toss to combine.
5. Add salt and pepper to taste.

Per serving: Calories 73 kcal, Carbohydrates 13 g, Protein 3g, Sat Fat .5 g, Sodium 60 mg, Added Sugars 0 g

This recipe was adapted and modified: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>