

Apple Coleslaw

A great accompaniment to pork-apple burgers or pork sandwiches



Servings: 6

Servings Size: 1/2 cup

Ingredients:

2 cups cabbage, shredded

1 medium carrot, grated

1/2 cup raisins

1 apple, chopped

1/2 cup yogurt, low-fat plain

0.5-1 tablespoon lemon juice

Directions:

1. Wash the cabbage. Cut it into fine shreds.
2. Peel the carrot. Grate it with a grater or pulse in a food processor until minced.
3. Remove the core, and chop the apple.
4. Put the cabbage, carrot, raisins and apple in a large mixing bowl. Stir together.
5. Put the yogurt and lemon juice in a small bowl. Stir together to make a dressing.
6. Pour the dressing over the salad. Toss to mix.

Nutritional Info:

Calories: 80

Fat: 1g

Carbohydrate: 19g

Sodium: 2mg

Fiber: 27g

Protein: 2g

TIP: Best if prepared the day of serving.