



Apple Coleslaw

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- ¼ cup plain nonfat Greek yogurt
- ¼ cup olive oil mayonnaise
- 1-3 teaspoons lemon juice or apple cider vinegar, to taste
- ¼ teaspoon salt
- ½ small (¾-1 pound) cabbage head, shredded (about 2 cups)
- 1 medium carrot, grated (about ½ cup)
- 1 medium apple, cored and chopped (about 1 cup)
- ½ cup raisins or dried cranberries

Directions

1. Add the yogurt, mayonnaise, lemon juice, and salt to a large mixing or serving bowl. Stir together to make a dressing.
2. Add the cabbage, carrot, raisins or dried cranberries, and apple. Toss to combine and coat with the dressing.
3. Serve right away, or chill before serving if desired.

Recipe Notes

- This recipe goes well with pork burgers or pulled pork sandwiches.
- Coleslaw tastes best when it is made on the same day it's served. If not serving right away, wait to add the dressing until ready to serve.
- Use pre-shredded cabbage and carrots to save time.
- If you prefer a bit more sweetness, try adding 1-3 teaspoons honey to the dressing.

Nutrition Facts Per Serving: Calories: 125 | Total Fat: 0.5 g | Saturated Fat: 0 g
Sodium: 185 mg | Total Carbohydrate: 30 g | Dietary Fiber: 4.5 g | Protein: 5 g

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