



Mighty Quick Coleslaw

4 servings

- 4 cups cabbage, shredded
- 1 apple, chopped
- ½ cup light or low-fat mayonnaise
- 1 Tablespoon lemon juice or apple cider vinegar
- 1 Tablespoon sugar
- 1 teaspoon milk (optional)
- 1. Wash hands with soap and water.
- 2. Rinse produce under cool running water.
- 3. Mix together mayonnaise, lemon juice or vinegar and sugar. If desired, mix in a little milk, a teaspoon at a time, to thin dressing.
- 4. Combine mayonnaise mixture with cabbage and apple.
- 5. Refrigerate at least 30 minutes to allow flavors to blend.
- 6. Store leftovers in a sealed container in the refrigerator.



Notes:

Additional quick add-ins to the coleslaw include one or more of the following: orange slices, shredded carrots, chopped bell peppers, raisins, dried cranberries, and/or chopped celery.

Nutrition Information Serving Size (1 cup): Calories 100, Total Fat 5g, Saturated Fat 1g, Cholesterol 5mg, Sodium 110mg, Total Carbohydrates 15g, Fiber 3g, Total Sugars 11g, includes 3g Added Sugars Protein 1g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 4%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.









