

Mighty Quick Coleslaw

4 servings

- 4 cups cabbage, shredded
- 1 apple, chopped
- ¼ 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%.