



**Mighty Quick Coleslaw**

**4 Servings**



**Mighty Quick Coleslaw**

**4 Servings**



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019



**Mighty Quick Coleslaw**

**4 Servings**



**Mighty Quick Coleslaw**

**4 Servings**



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019

## Mighty Quick Coleslaw

4 Servings

### Ingredients:

- 4 c. cabbage, shredded
- 1 Tbsp. lemon juice or apple cider vinegar
- 1 apple, chopped
- 1 Tbsp. sugar
- ¼ c. light or low-fat mayonnaise
- 1 tsp. milk (optional)

### Directions:

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. Mix mayonnaise 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.

Optional: For a healthier version, use light versions of mayo and sour cream, or use Greek yogurt in place of sour cream and olive oil mayo in place of regular mayo. 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.

## Mighty Quick Coleslaw

4 Servings

### Ingredients:

- 4 c. cabbage, shredded
- 1 Tbsp. lemon juice or apple cider vinegar
- 1 apple, chopped
- 1 Tbsp. sugar
- ¼ c. light or low-fat mayonnaise
- 1 tsp. milk (optional)

### Directions:

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. Mix mayonnaise 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.

Optional: For a healthier version, use light versions of mayo and sour cream, or use Greek yogurt in place of sour cream and olive oil mayo in place of regular mayo. 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.

## Mighty Quick Coleslaw

4 Servings

### Ingredients:

- 4 c. cabbage, shredded
- 1 Tbsp. lemon juice or apple cider vinegar
- 1 apple, chopped
- 1 Tbsp. sugar
- ¼ c. light or low-fat mayonnaise
- 1 tsp. milk (optional)

### Directions:

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. Mix mayonnaise 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.

Optional: For a healthier version, use light versions of mayo and sour cream, or use Greek yogurt in place of sour cream and olive oil mayo in place of regular mayo. 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.

## Mighty Quick Coleslaw

4 Servings

### Ingredients:

- 4 c. cabbage, shredded
- 1 Tbsp. lemon juice or apple cider vinegar
- 1 apple, chopped
- 1 Tbsp. sugar
- ¼ c. light or low-fat mayonnaise
- 1 tsp. milk (optional)

### Directions:

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. Mix mayonnaise 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.

Optional: For a healthier version, use light versions of mayo and sour cream, or use Greek yogurt in place of sour cream and olive oil mayo in place of regular mayo. 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.