

## RECIPE:

### Mighty Quick Coleslaw

Number of Servings: 4



#### Ingredients:

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

#### Nutrition Info:

##### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 11g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 180mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension Nutrition Education Program