

Apple Slaw

Ready In: 10 minutes

Serves: 4

Ingredients

3 cups apples (*about 2 large apples*), peeled, cored, and chopped

2 tablespoons lemon juice

2 cups green cabbage (*about 1/4 cabbage*), thinly sliced

1/2 cup celery (*about 1 celery stalk*), diced

1/2 cup carrot (*about 1 carrot*), thinly sliced

1/2 cup red bell pepper, diced

1 1/2 tablespoons sugar

1/4 cup low-fat mayonnaise



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Directions

In a large bowl, pour lemon juice over the apples to help keep them from darkening. Add cabbage, celery, carrots, and bell pepper to the apples. In a small bowl, mix the mayonnaise and sugar. Combine mayonnaise mixture with salad and mix well.

Chef's Tip: Instead of using low-fat mayonnaise, try using 2 parts real mayonnaise and 1 part low-fat or nonfat plain yogurt.



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Fun Facts

- Pilgrims planted the first U.S. apple trees in the Massachusetts Bay Colony.
- There are more than 2,500 varieties of apples grown in the United States, and they come in all shades of red, green, and yellow.



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