Mighty Quick Coleslaw

4 servings

Ingredients

- 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)

Instructions

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 for up to four days.