Mighty Quick Coleslaw 4 servings



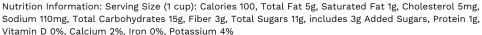
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Ingredients

- 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)





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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%

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.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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