

Mighty Quick Coleslaw

Nebraska Seasonal Produce Guide

4 Servings



EXTENSION

Health & Wellbeing



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 mayonnaise, lemon juice or vinegar, and sugar. If desired, mix in a little milk, a teaspoon at a time, to thin dressing.
4. Combine the 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.

Nutrition Information per Serving (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%



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