

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)

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.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. Copyright ©2023



food.unl.edu

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)

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.

The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. Copyright ©2023



food.unl.edu