



## Apple Cabbage Slaw

### **INGREDIENTS:**

- 3 cups cabbage, shredded
- 2 cups apples, sliced
- 1 cup celery, sliced diagonally
- ½ cup onion rings, thinly sliced (optional)

### **Pineapple Yogurt Dressing**

- ⅓ cup plain low-fat yogurt
- 2 tablespoons pineapple juice
- ¼ teaspoon prepared mustard
- 1/8 teaspoon celery seeds

### **DIRECTIONS:**

1. Combine cabbage apples, celery and onions.
2. Gently toss with pineapple yogurt dressing.

Yield :1 serving per recipe analyzed:100 Calories per serving. Total fat 0.5g; Protein 3g; Total carbohydrate 20g; Dietary fiber 4g