



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.

Nutrition Facts	
1 serving per recipe	
Serving size	(241g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat .5g	1%
Saturated Fat 0g	2%
Trans Fats 0g	
Cholesterol 0mg	1%
Sodium 70mg	4%
Total Carbohydrate 20g	8%
Dietary Fiber 4g	15%
Sugars 14g	
Includes 0g added sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 320mg	8%
Iron 2mg	4%
Potassium 1230mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.