

# Cabbage Apple Slaw

*Just Say Yes* to Fruits and  
Vegetables

*Try this sweet healthy spin on a classic dish!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

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## Cabbage Apple Slaw

Serves 6 ▪ Serving: 1 cup

*Just Say Yes* to Fruits and Vegetables

*Use your favorite NYS grown apples for this recipe!*

### Ingredients:

- 4 cups cabbage, chopped small
- 2 chopped apples
- 1 chopped bell pepper
- 1 ½ tablespoons low fat mayonnaise
- ½ cup low fat sour cream
- 1 tablespoon brown sugar
- 1 teaspoon lemon juice
- Salt and pepper, to taste

### Directions:

1. In a large bowl, combine cabbage, apple, and bell pepper.
2. In a small bowl, combine mayonnaise, sour cream, brown sugar, and lemon juice.
3. Add mayonnaise mixture to large bowl (cabbage mixture). Mix well.
4. Season with salt and pepper.
5. Can be served immediately or cover and chill before serving.
6. Refrigerate leftovers.

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