

Cabbage Apple Slaw

Just Say Yes to Fruits and
Vegetables

Try this sweet healthy spin on a classic dish!



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Serves 6 ▪ Serving: 1 cup

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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.