

10/19



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

Find more recipes at [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

USDA is an equal opportunity provider, employer, and lender.

## Apple Coleslaw

**Makes:** 4 servings

The sweet and crunchy coleslaw blends cabbage, carrot, apple, and green pepper for a colorful side dish. You can also try it without the mayonnaise!

### Ingredients

- 2 cups cabbage
- 1 carrot (medium, grated)
- ½ green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- ¼ teaspoon dill weed

### Directions

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.

### Notes

Add salt and pepper to taste.

Learn more about:

- [Cabbage](#)
- [Carrots](#)
- [Apples](#)

# Nutrition Information

## Nutrients Amount

Calories  
62

Total Fat  
2 g

Saturated Fat  
0 g

Cholesterol  
1 mg

Sodium  
59 mg

Total Carbohydrate  
11 g

Dietary Fiber  
2 g

Total Sugars  
7 g

Added Sugars included  
0 g

Protein  
2 g

Vitamin D  
0 mcg

Calcium  
59 mg

Iron  
0 mg

Potassium  
232 mg

N/A - data is not available

## MyPlate Food Groups

■ Fruits 1/4 cup

■ Vegetables 3/4 cup

For more information on  
[MyPlate Food Groups](#) visit  
[ChooseMyPlate.gov](#)

