

Apple and Cabbage Salad

This apple and cabbage salad will fit in perfectly on any picnic table.



This is a quick and easy apple and red cabbage salad recipe made with crunchy almonds and a creamy dressing of honey and yogurt.

Ingredients

Makes 4 servings.

2 large sweet apples, such as Pink Lady or Gala, cored, seeded and cut into 1-inch chunks, unpeeled

2 cups shredded red cabbage

2 celery stalks, trimmed and diced

1/2 cup fat-free plain yogurt

2 tablespoons reduced-fat mayonnaise

1/4 cup orange juice

1/2 teaspoon curry powder

1 teaspoon honey

1/8 teaspoon salt

1/8 teaspoon pepper

2 tablespoons sliced almonds

Directions

Combine apples, cabbage and celery in a bowl. Toss gently but well. Stir together yogurt, mayonnaise, orange juice, curry powder, honey, salt and pepper in a cup. Spoon over salad. Mix gently but well. Sprinkle on almonds and toss again.

Nutritional information (per serving)

Calories 130
Fat 4.5 g
Cholesterol 3 mg
Sodium 180 mg
Carbohydrates 21 g
Fiber 3 g
Protein 3 g



Genesis
HEALTHCARE SYSTEM

Better Begins Here.

Spirit of
Women[®]