



# Apple Coleslaw

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1 cup

## Ingredients

¼ cup plain nonfat Greek yogurt

¼ cup olive oil mayonnaise

1-3 teaspoons lemon juice or apple cider vinegar, to taste

¼ teaspoon salt

½ small (¾-1 pound) cabbage head, shredded (about 2 cups)

1 medium carrot, grated (about ½ cup)

1 medium apple, cored and chopped (about 1 cup)

½ cup raisins or dried cranberries

## Directions

1. Add the yogurt, mayonnaise, lemon juice or vinegar, and salt to a large mixing or serving bowl. Stir together to make a dressing.
2. Add the cabbage, carrot, raisins or dried cranberries, and apple. Toss to combine and coat with the dressing.
3. Serve right away, or chill before serving if desired.

## Recipe Notes

- This recipe goes well with pork burgers or pulled pork sandwiches.
- Coleslaw tastes best when it is made on the same day it's served. If not serving right away, wait to add the dressing until ready to serve.
- Use pre-shredded cabbage and carrots to save time.
- If you prefer a bit more sweetness, try adding 1-3 teaspoons honey to the dressing.

Nutrition Facts Per Serving: Calories: 150 | Total Fat: 4 g | Saturated Fat: 0 g  
Sodium: 265 mg | Total Carbohydrate: 28 g | Dietary Fiber: 3.5 g | Protein: 2.5 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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