

Apple Coleslaw

Makes 4—1 cup servings

2 cups cabbage, shredded
1 medium carrot
1/2 green bell pepper
1 apple

Dressing:

5 Tablespoons plain low-fat yogurt
1 Tablespoon mayonnaise, low-fat or fat-free
1 teaspoon lemon juice
1/4 teaspoon celery seed
1/8 teaspoon black pepper

1. Wash the cabbage.
 2. Peel the carrot. Grate it with a grater.
 3. Chop 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. Combine yogurt, mayonnaise, lemon juice, and celery seed in a small bowl. Stir together to make a dressing.
 7. Pour the dressing over the salad. Toss to mix.
 8. Add pepper to taste.
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