

Apple Cole Slaw



Ingredients:

- 3 cups cabbage, chopped or shredded
- 1 red apple, cored and chopped
- 1 green apple, cored and chopped
- 1 carrot, grated
- 1/2 cup red bell pepper, chopped (optional)
- 2 green onions, chopped
- 1/3 cup light mayonnaise
- 1/4 cup brown sugar
- 1 tablespoon lemon juice

Directions:

1. In a large bowl, combine cabbage, apples, carrot, bell pepper, and green onions.
2. In a small bowl, combine mayonnaise, brown sugar, and lemon juice.
3. Pour dressing over salad and stir to combine.
4. Refrigerate prior to serving.

Makes 6 servings.



Tarrant County Public Health
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