

## SLAWS

### CURRIED APPLE CABBAGE SLAW

- 1/4 C reduced calorie mayonnaise
- 1/4 C plain low fat yogurt
- 1 T lemon juice
- 1 T honey
- 1/2 t curry powder
- 1/2 t celery seed
- 1/8 t salt
- 1/8 t pepper
- 4 C shredded cabbage (1/2 head)
- 3 C apples, chopped

Mix together all dressing ingredients and toss with cabbage and apples. Makes 8 (1 cup) servings. This is an official 5 A Day recipe.

Nutrient analysis per serving: Calories, 53; fat, .4 g; cholesterol, .5 mg; fiber, 2 g; sodium, 141 mg; Percent calories from fat, 7%

### APPLE CABBAGE SLAW

- 1/3 C plain lowfat yogurt
- 2 T pineapple or apple juice
- 1/4 t prepared mustard
- 1/8 t celery seeds
- 3 C shredded cabbage
- 2 C diced Red Delicious or Winesap apples
- 1 C diagonally sliced celery
- 1/2 C thinly sliced onion

In large bowl, whisk together yogurt, juice, mustard and celery seeds. Add cabbage, apples, celery and onion. Gently toss to blend. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the Washington Apple Commission.

Nutritional analysis per serving: Calories, 73; Fat, 1 g; Cholesterol, 1 mg; Fiber, 3 g; Sodium, 54 mg; Percent calories from fat, 9%.

### APPLE CABBAGE SLAW WITH PINEAPPLE-YOGURT DRESSING

- 3 C cabbage, shredded
- 2 C Red Delicious or Winesap apples, diced
- 1 C celery, sliced diagonally
- 1/2 C onion rings, thinly sliced (optional)
- Pineapple Yogurt Dressing (recipe follows)

#### Pineapple-Yogurt Dressing:

- 1/3 C plain lowfat yogurt
- 2 T pineapple juice
- 1/4 t prepared mustard
- 1/8 t celery seeds

Combine cabbage, apples, celery, and onions. Gently toss with Pineapple Yogurt Dressing. Makes 6 servings. This is an official 5 A Day recipe.

Nutritional analysis per serving: Calories, 49; Fat, 0.5 g; Cholesterol, 1 mg; Fiber, 2 g; Sodium, 36 mg. Percent calories from Fat, 9%.

### CONFETTI APPLESRAW

- 2 T orange or apple juice concentrate, defrosted
- 1 unpeeled red apple, cored and diced

- 4 C shredded cabbage
- 2 small red onions, finely shredded
- 1 red or green sweet pepper, thinly sliced
- 3 T raisins
- 1 T calorie-reduced mayonnaise
- 1/2 C plain low-fat yogurt
- 1/2 t dry mustard
- paprika to taste
- freshly ground pepper to taste

In a large bowl, stir together juice concentrate and diced apple. Add cabbage, onion, pepper and raisins.

In a small bowl, stir together mayonnaise, yogurt, mustard, paprika and pepper. Add to vegetable mixture. Cover tightly and refrigerate until ready to serve. Makes 7 servings. This is an official 5 a Day recipe.

Nutritional analysis per serving: Calories, 82; Fiber, 1 Gram; Cholesterol, 1 mg.; Sodium, 17 mg. Percent calories from: Protein, 13%; Carbohydrate, 78%; Fat, 9%.

#### CRISPY APPLE COLESLAW

- 2 C cabbage, shredded
- 2 medium apples, cored and cut up (Empire, Cortland, Ida Red, Crispin)
- 1 can crushed pineapple (drained)
- 1/2 C fat free mayonnaise

Mix the cabbage, apples and crushed pineapple with the mayonnaise in a large bowl. Refrigerate for at least one hour. Makes 6 servings. This is an official 5 A Day recipe. Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 73; Fat, 0 mg; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 258 mg; Percent calories from fat, 3%.

#### SUPER COLESLAW FOR TWO

- 1/2 C cabbage, shredded
- 1/4 C carrot, shredded
- 1 small apple, unpeeled, chopped
- 1/4 C raisins
- 1 T nonfat yogurt
- 1 T low fat mayonnaise
- dash tarragon vinegar

Combine all ingredients. Chill. Makes 2 servings. This is an official 5 A Day recipe. Recipe provided by the Polyps Prevention Trial.

Nutritional analysis per serving: Calories, 125; Fat, 3 g; Cholesterol, 2 mg; Fiber, 2 g; Sodium, 63 mg; Percent calories from fat, 18%.