

Fruity Cabbage Salad

Makes: 6 Servings

Ingredients

2 medium apples, cored and cubed
2 teaspoons pulp free orange juice
3 cups red cabbage, shredded
1/2 cup raisins
1/4 cup low-fat plain yogurt

Directions

1. Place apples and orange juice in a large bowl, stir.
2. Add cabbage, raisins and yogurt, mix lightly. Chill and serve.

Total Cost: \$4.48

Serving Cost: \$0.75

Source: Cornell Cooperative Extension: New York City Nutrition & Health Programs Recipe Collection



Nutrition Facts

6 servings per container	
Serving size	(156g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 0mg	0%
Potassium 197mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

