

Sweet & Crunchy Coleslaw

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Medical Center HEALTH

Cabbage and carrots are great ways to stretch your food dollar in the produce aisle. These hearty vegetables will last quite a while when properly stored at home. Not to mention their rich color means they are loaded with vitamins and minerals! Our Sweet & Crunchy Coleslaw is a good source of both Vitamin A and Vitamin C; good for the eyes, immune system and taste buds! Whip up this quick recipe for your dinner table tonight!

Ingredients:

½ small red cabbage, shredded (about 2 cups)
2 carrots, shredded (about ½ cup)
1 Granny Smith apple, julienned (cut into matchsticks)
2 tablespoons non-fat plain Greek yogurt
2 tablespoons olive oil
1 tablespoon cider vinegar
Juice of 1 lemon
¼ teaspoon salt
¼ teaspoon black pepper

Directions:

1. In a large bowl, combine yogurt, olive oil, vinegar, lemon juice, salt and pepper.
2. Add in shredded cabbage, carrots and apples and toss to coat evenly.
3. For best results, cover coleslaw with plastic wrap and set it in the fridge for at least 1 hour to allow flavors to combine. Serve and enjoy!

Yield: 4 servings (1/2 cup per serving)

Nutrition Facts: 103 Calories; 7 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 169 mg Sodium; 10 g Carbohydrate (2 g Fiber, 6 g Sugar); 2 g Protein; 19% Daily Value (DV) Vitamin A; 37% DV Vitamin C; 3% DV Calcium; 2% DV Iron