

CABBAGE APPLE SLAW

Use a box grater or food processor to shred the cabbage and apples!



**food
bank**
of the Southern Tier

Just Say Yes

To Fruits & Vegetables

www.foodbankst.org/jsy



FIDELIS CARE®

CABBAGE APPLE SLAW

SERVES 6 • SERVING: 1 CUP

Just Say Yes

To Fruits & Vegetables

INGREDIENTS:

- 4 cups cabbage (red or green), chopped small
- 2 chopped apples
- 1 chopped bell pepper
- 1 ½ tablespoons low fat mayonnaise
- ½ cup low fat sour cream
- 1 tablespoon brown sugar
- 1 teaspoon lemon juice
- Salt and pepper, to taste

DIRECTIONS:

1. In a large bowl, combine cabbage, apple, and bell pepper.
2. In a small bowl, combine mayo, sour cream, brown sugar, & lemon juice.
3. Add mayonnaise mixture to large bowl (cabbage mixture). Mix well.
4. Season with salt and pepper.
5. Can be served immediately or cover and chill before serving.
6. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.