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Apple Slaw

Budget-friendly recipe

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Serves: 4

Ready in: 10 mins.

This slaw has the perfect sweetness and crunch that works great on a hot afternoon.



Ingredients

2½ Apples

1 Lemon

2 cups Green cabbage

1 Celery stalk

½ cup Red bell pepper

¼ cup Low-fat mayonnaise

What You'll Need

Measuring spoon

Vegetable peeler

Sharp knife

Cutting board

Large bowl

Small container

Spoon

Directions

1. Peel and core apples.
2. Dice apples and place in a large bowl.
3. Squeeze lemon juice over apples to help keep them from darkening.
4. Thinly slice cabbage to form thin strips.
5. Dice celery and bell pepper.
6. Add cabbage, celery and bell pepper to apples.
7. Add mayonnaise to salad and mix well.
8. Serve.

Chef Tips

Instead of using low-fat mayonnaise try using 2 parts real mayonnaise and 1 part low-fat or nonfat plain yogurt.

Nutrition Info and more

Serving size: 1¼ cups

Total calories: 120 Total fat: 5 g Carbohydrates: 19 g Fiber: 2 g Sodium: 135 mg