

# Super Coleslaw for Two

1/2 cup shredded cabbage

1/4 cup shredded carrot

1 small apple, unpeeled, chopped

1/4 cup raisins, optional

1 tablespoon non-fat yogurt

1 tablespoon low-fat mayonnaise

Dash vinegar

Combine cabbage, carrot, apple and raisins (optional) in a medium bowl. In a small bowl, mix together yogurt, mayonnaise and vinegar. Add yogurt sauce to cabbage mixture and mix in a bowl. Chill. Makes 2 servings.

## Selection and Storage

### Cabbage

Cabbage should be firm and heavy with crisp-looking leaves.

Store cabbage in a refrigerator and use within 1–2 weeks.

### Carrots

Pick carrots that are firm, well-shaped, and have a bright orange color. Avoid soft or cracked carrots.

Remove green leaves and refrigerate. Use within 1–2 weeks.

### Apples

Choose firm apples that have good color. The skin should be smooth with no soft spots or wrinkles.

Refrigerate and use within 2 weeks.