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 mayonannaise
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.