

Fresh Citrus & Apple Slaw

Try this refreshing, citrusy slaw this fall! The use of fruit sets this coleslaw apart from the traditional. Cabbage has anti-inflammatory properties, making it a tool for preventing and treating many chronic illnesses.

INGREDIENTS

4 cups shredded cabbage
1 large apple, chopped
3/4 cup raisins
1/2 cup chopped celery
1/4 cup chopped onion
1/4 cup mayonnaise
2 tablespoons lemon juice
1 tablespoon sugar
1 tablespoon olive oil
1/2 teaspoon salt
1/8 teaspoon pepper

DIRECTIONS

In a serving bowl, combine the cabbage, apple, raisins, celery and onion. In a small bowl, combine the remaining ingredients. Pour over cabbage mixture and toss to coat. Cover and refrigerate for at least 30 minutes

NUTRITION FACTS

Serving size - 2/3 cup: 87 calories, 5g fat (1g saturated fat), 0 cholesterol, 131mg sodium, 12g carbohydrate (8g sugars, 1g fiber), 1g protein. Diabetic Exchanges: 1 vegetable, 1 fat, 1/2 starch.



Wisconsin Athletic Club

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