

Fruit Salad Slaw

Recipe provided by DCI



Portions: 6 **Serving size:** 1/2 cup

Ingredients

- 1 cup red apples
- 1/2 cup purple cabbage
- 1/2 cup green cabbage
- 1/4 cup carrots
- 8 ounces canned crushed pineapple
- 1/4 cup mayonnaise
- 3 tablespoons pineapple juice
- 2 teaspoons sugar

Preparation

1. Dice unpeeled apples. Shred cabbage and grate carrots. Drain crushed pineapple; reserve liquid.
2. In a small bowl blend mayonnaise, 3 tablespoons of the reserved pineapple juice and sugar until smooth. Set aside.
3. In a medium bowl combine pineapple, apples, cabbage, and carrots.
4. Add mayonnaise mixture and toss.
5. Cover and refrigerate until chilled.

Helpful hints Reduced-fat mayonnaise cuts the fat in half. Keeps well in the refrigerator for several days if it lasts that long. Make it quick--use packaged coleslaw mix instead of shredding cabbage and carrots.

Nutrients per serving Calories 115, Protein 0 g, Carbohydrates 11 g, Fat 7 g, Cholesterol 3 mg, Sodium 61 mg, Potassium 116 mg, Phosphorus 12 mg, Calcium 5 mg, Fiber 1.1 g