



Fruited Slaw

Makes 8–10 servings

Ingredients Needed:

Salad:

- 4 firm ripe pears, diced
- 2 apples, diced
- 2 tablespoons 100% fruit juice
- 3 cups cabbage, shredded
- 1/2 cup raisins

Dressing:

- 1 cup low-fat yogurt
- 1 teaspoon juice, any kind
- 1 tablespoon sugar

Directions:

1. In a large bowl, toss the pears and apples with the fruit juice.
2. Add the cabbage and raisins, and mix well.
3. In a small bowl, mix together all the dressing ingredients and add the dressing to the salad. Toss the salad and refrigerate for one hour before serving.