



Fruited Slaw

Serves: 20 | Serving size: 1/2 cup

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.

Notes:

- Pears and apples can be peeled if preferred.
- Plain low-fat yogurt can be replaced with low-fat Greek yogurt.

Nutrition Facts	
20 servings per container	
Serving size	0.5 cup (82g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 133mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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