

Cabbage and Apple Salad

Preparation time	20 minutes
Servings	5-6
Cost per serving	41¢
Storage	3 days in the fridge
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, wooden spoon, large bowl



Because this recipe contains honey, do not serve to children under the age of 1.

Ingredients

OR THE SAME QUANTITY OF MAYONNAISE



30 ml (2 tbsp)
plain yogurt



60 ml (¼ cup)
apple cider vinegar



20 ml (4 tsp)
honey



30 ml (2 tbsp)
canola oil



1 ml (¼ tsp)
dried basil



Salt and pepper
to taste

OR A GRATED CARROT



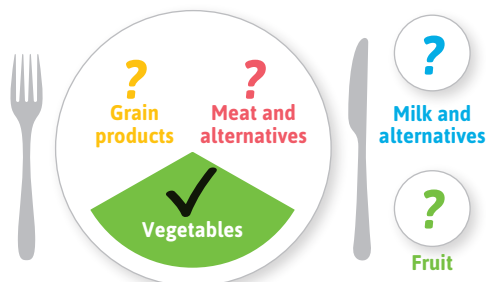
1 apple,
cut into julienne strips

JULIENNES ARE THIN STICKS.



½ medium-size green cabbage,
coarsely chopped

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Balanced plate

✓ One serving of this side dish is a tasty way to add vegetables to your menu!

Directions

1

In a large bowl, combine the **yogurt, apple cider vinegar, honey, oil, basil, salt** and **pepper**.



2

Add the **apple** and mix to spread the dressing.



3

Add the **cabbage** and mix well.



4

Refrigerate until serving.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition