

# FRUIT COLE SLAW

SERVES 6

This side dish is a perfect way to get servings of both fruits and vegetables. It is a sweet dish that contains no fat and has a high amount of vitamin C.

## INGREDIENTS

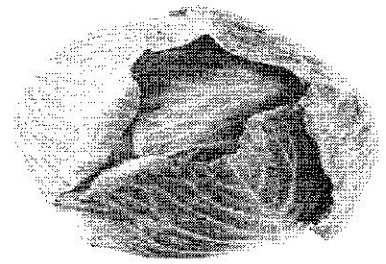
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| ½ cabbage (head of, shredded-2 quarts)                                       | ¼ cup vinegar       |
| 1 can fruit cocktail (16 ounce, juice packed, drained) or 2 cups fresh fruit | 1 banana (sliced)   |
| 1-cup non-fat plain yogurt   | ½ teaspoon salt     |
| 1-cup lemon (juice of 1)   | 1/8-teaspoon pepper |
| ½ cup honey  |                     |

## DIRECTIONS

1. Shred cabbage.
2. Combine all ingredients in a large bowl.

Source: University of Vermont, Extension, Making It Fit: Piecing Together Your Food Needs.

**NUTRITIONAL INFO:** Serving Size: 1/6 of recipe, Calories: 170, Fat: 0 grams (g), Sodium: 250 milligrams (mg), Protein: 3 grams (g)



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**Tip:** To reduce the amount of sugar from the canned fruit, rinse it under water before serving.

**Storing Tip:** When storing the cabbage, put it in a plastic bag that has a few holes so air can move around it.

Cabbage will keep for up to three weeks in the refrigerator.

For added protein, add some cooked and cubed chicken to this salad!

SIMPLY GOOD EATING



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