

Cabbage Salad

Dill, mustard, and lemon juice give this crunchy salad a zesty dressing. Make the dressing ahead to save time later.

Makes: 8 Servings
Prep Time: 20 min

Source: choosemyplate.gov/recipes

Ingredients

- 4 cups cabbage (shredded or thinly sliced)
- 1/4 cup carrot (grated or finely sliced)
- 1/4 cup celery (thinly sliced)
- 1/4 cup green pepper (chopped)
- 1/3 tablespoon onion (finely chopped)
- 1/2 teaspoon dill (or basil or parsley)
- 1/2 cup mayonnaise, light or low-fat
- 1/2 cup yogurt, non-fat plain
- 1 teaspoon mustard
- 1/2 teaspoon lemon juice
- 1/2 teaspoon sugar

Directions

1. Wash and prepare vegetables for chopping.
2. Use a cheese grater or slice all vegetables thinly with a sharp knife.
3. Put in a large bowl.
4. Add herbs to taste.
5. Mix mayonnaise, yogurt, mustard, lemon juice, and sugar in a small bowl.
6. Blend well. Add to vegetables.
7. Keep in refrigerator until ready to eat.

Utensils Needed

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Grater
- Large bowl
- Small bowl
- Spoon



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	59
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	160 mg
Total Carbohydrates:	6 g
Dietary Fiber:	1 g
Total Sugars:	4 g
Added Sugars:	1 g
Protein	2 g

SHOPPING LIST

SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$13.74

Average cost/serving: \$1.72

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Cabbage, 1 head



Add 1 to Cart
Low-fat Mayonnaise



Add 1 to Cart
Carrots (1 lb)



Add 1 to cart
Nonfat, Plain Yogurt



Add 1 to Cart
Celery Bunch



Add 1 to cart
Mustard (8 oz)



Add 1 to cart
Green Pepper



Add 1 to cart
Lemon



Add 1 to cart
Onion

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Make the dressing up to 2 days in advance to save time when preparing the salad.
- To prepare cabbage, remove the thick fibrous outer leaves and cut the cabbage into pieces. Then, wash under running water.
- If you notice any signs of worms or insects, which sometimes appears in cabbage, soak the head in salt water or vinegar water for 15-20 minutes first.