FRUIT COLE SLAW

SERVES 6

INGREDIENTS
1/2 head of cabbage, shredded
1 (16 ounce) can fruit cocktail, juice packed, drained
1 cup non-fat plain yogurt
Juice of 1 lemon
1/2 cup honey
1/4 cup vinegar
1 sliced banana
1/2 teaspoon salt
1/8 teaspoon pepper
Note: Use any canned fruit in light syrup in place of the fruit cocktail

DIRECTIONS
Combine all ingredients in a large bowl. Chill. Serve.

Adapted from “Making It Fit: Piecing Together Your Food Needs,” University of Vermont Extension.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition
(revised 9/14)