

Pick a *better* snack™

(how easy is that?)

Cut. Eat



Crispy Apple Coleslaw

- 2 c cabbage, shredded
- 2 apples (medium), cored and cut up
- 1 can pineapple, crushed (drained)
- 1/2 c fat free mayonnaise

Mix the cabbage, apples and crushed pineapple with the mayonnaise in a large bowl. Refrigerate for at least one hour. Makes 6 servings.

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Cabbage Wash.



Eat. How easy is that?

- Take a leaf of cabbage and spread with low-fat cream cheese. Roll it up and eat.
- Dip cabbage wedges in a low-fat dressing. Use green or red cabbage.
- Shred cabbage and mix with low-fat lemon yogurt. Add canned pineapple and mandarin oranges for more interest.

Buying tips: Choose firm, heavy cabbage heads that are free of yellowing leaves, splits, or soft spots.

Special tips: To wash, rinse in cold water and remove any wilted leaves.

Storing tips: Cabbage should be stored in the refrigerator and used within 2 weeks.

Serving size: 1 cup of shredded cabbage

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