Healthy Coleslaw

**Ingredients**
- 1/2 cup nonfat plain Greek yogurt
- 1 tablespoon cider vinegar
- 1 tablespoons sugar
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1/4 teaspoon celery seed
- 1 red apple
- 16 ounces (about 6 1/4 cups) bagged coleslaw blend or shredded cabbage

**Equipment Needed**
- Small & large mixing bowls
- Measuring cups
- Measuring spoons
- Cutting board
- Grater

**Directions**
- Grate apple and cabbage. In a small bowl, combine apple, Greek yogurt, vinegar, sugar, celery seed, salt, and pepper and whisk until smooth and thoroughly combined.
- Place slaw blend/cabbage in a large bowl and pour Greek yogurt dressing mixture over top. Stir to coat cabbage thoroughly.
- Cover and refrigerate until using (preferably at least 30 minutes).

**Helpful Tips**
- Make this recipe ahead of time so the flavors can incorporate throughout the dish.
- Use a grater, food processor, or mandoline for easy cabbage shredding.

Nutrition Information Available Upon Request
www.nourishprogram.org