

Cabbage Salad

Makes: 8 servings

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

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.

Nutrition Information

Nutrients	Amount
Calories	58
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	108 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars included	1 g
Protein	2 g
Vitamin D	0 IU
Calcium	49 mg
Iron	0 mg
Potassium	132 mg
N/A - data is not available	
MyPlate Food Groups	
 Vegetables	1/2 cup

3. Put in a large bowl.
4. Add herbs to taste.
5. Mix mayonnaise, yogurt, mustard, lemon juice, and sugar in a small bowl. Blend well. Add to vegetables.
6. Mix well. Keep in refrigerator until ready to eat.

Notes

Learn more about:

- [Cabbage](#)
- [Celery](#)
- [Citrus Fruits](#)
- [Onions](#)
- [Carrots](#)
- [Bell Peppers](#)

Source: University of Connecticut, Cooperative Extension, From the Farm to the Table p.12Hispanic Health Council