

APPLE CABBAGE SALAD

To get the most nutrition, use your cabbage for this recipe as soon as you cut it.

Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Cabbage

Yield: Serves 6-8

Ingredients

½ c. vanilla yogurt	1 t. celery seed
2 T. mayonnaise	2 medium Gala apples, cored and chopped
1 T. honey	2 c. cabbage, shredded
1 T. spicy brown mustard	1 c. jicama, peeled and julienne cut

Preparation

Mix yogurt, mayonnaise, honey mustard, and celery seed. Cover and refrigerate until needed.

Prepare produce just before serving.

Add dressing and toss.