



Kale Apple Slaw

Yield: 4 Servings

Cost Per Serving: \$3.54

Cook Time: 15 minutes

Ingredients:

- ½ cup plain nonfat Greek yogurt
- 1 garlic clove (minced)
- 1 tsp Dijon mustard
- 1 Tbsp olive oil
- 3 Tbsp lemon juice
- 3 Tbsp water
- ¼ tsp salt
- 1/8 tsp black pepper
- 2 cups kale (chopped)
- 3 cups red cabbage (chopped)
- 1 apple (grated with skin)

Directions:

1. In a large bowl, whisk together the yogurt, garlic, mustard, olive oil, lemon juice, water, salt, and black pepper.
2. Add the kale, cabbage, and apple to the bowl and toss evenly to coat. Cover and place in the refrigerator for 30 minutes before serving for the flavors to combine.

Recipe adapted from: Diabetes Food Hub

*Based on Walmart prices 10/22