

Kale Apple Slaw

Servings: 4 Serving Size: 1 ¼ cups Time: 15 minutes

Ingredients:	Cost per Ingredients:	Cost per Recipe	Cost per Serving
Plain Nonfat Greek Yogurt (1/2 cup)	\$0.64/5.3 oz. container	\$0.51	\$0.13
Garlic (1 clove, minced)	\$0.48/bulb	\$0.05	\$0.01
Dijon Mustard (1 tsp.)	\$1.12/12 oz. container	\$0.02	\$0.01
Olive Oil (1 Tbsp.)	\$2.88/17 oz. bottle	\$0.08	\$0.02
Lemon Juice (3 Tbsp.)	\$0.54/lemon	\$0.54	\$0.14
Water (3 Tbsp.)	\$0.00		
Salt (1/4 tsp.)	\$0.83/shaker		
Black Pepper (1/8 tsp.)	\$0.83/shaker		
Chopped Kale (2 Cups)	\$2.78/16 oz bag	\$2.78	\$2.78
Red Cabbage (3 Cups, shredded)	\$2.58/head	\$0.97	\$0.24
Apple (1, grated with skin)	\$0.84/apple	\$0.84	\$0.21
Total	\$13.52	\$5.79	\$3.54

*Prices based on Walmart.com 10/22

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.



Nutrition Facts	
4 Servings	
Serving Size	1 1/4 cups
Amount per serving	
Calories	100
Total Fat 4g	
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 210mg	
Total Carbohydrate 13g	
Dietary Fiber 3g	
Total Sugars 8g	
Added Sugars 0g	
Protein 5g	
Potassium 300mg	
Phosphorus 75mg	

Choices/Exchanges: 1/2 Fruit, 1 Nonstarchy vegetable, 1 Fat

Recipe adapted from diabetesfoodhub.org