Dinner Tonight!

Cabbage Fruit Salad

2 cups cabbage, shredded
2 oranges, sectioned and seeded
1/2 cup crushed pineapple, drained
2 medium apples, chopped
4 tablespoons plain low fat yogurt
1 teaspoon honey
2 tablespoons chopped peanuts and/or raisins (optional)

Wash your hands and clean your cooking area. Wash and prepare cabbage, oranges, and apples as directed. Mix all ingredients. Top with peanuts and/or raisins.

Optional topping: peanuts and/or raisins

Preparation Time: 20 minutes
Serves: 6

Nutrition Facts Per Serving:
Calories: 90
Total Fat: 0 g
Cholesterol: 0 mg
Sodium: 15 mg
Total Carbohydrate: 22 g
Protein: 2 g

Serve with: grilled chicken or pork chops