Dinner Tonight!

Cabbage-Fruit Salad

2 cups shredded cabbage
2 oranges, sectioned and seeded
2 medium chopped apples
1 8-ounce can crushed pineapple, drained
2 Tablespoons raisins (optional)
4 Tablespoons plain low-fat yogurt
1 teaspoon honey (optional)

Wash your hands and clean your cooking area. Wash and chop cabbage. Wash and scrub oranges and apples with a vegetable brush or with your hand. Cut as directed above. Mix cabbage, oranges, apples and pineapple together in a mixing bowl. Add raisins, yogurt and honey. Chill until ready to serve.

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