

# Creamy Coleslaw

6 cups	white or red cabbage, shredded
2 cups	water
1 tbsp	vinegar
1	carrot, grated
½ cup	red onion, finely chopped
1	unpeeled apple, shredded

## Dressing:

1/3 cup	light mayonnaise
1/3 cup	plain yogurt (2% M.F.)
3 tbsp	lemon juice
1 tbsp	honey or splenda
2 tsp	caraway seeds
	freshly ground pepper to taste

- Shred cabbage and soak in vinegar/water mixture for 1 hour. Drain well.
- In serving bowl; combine cabbage, carrot, red onion, and apple.
- Dressing; in small bowl, stir together mayonnaise, yogurt, lemon juice, honey, caraway seeds, and pepper to taste, mixing well.
- Pour dressing over salad and toss gently to combine. Makes 8 servings.
- Make ahead and keep for up to one day in the refrigerator.

*Recipe by Gary Barone*