



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

CRANBERRY ALMOND APPLE SLAW

$\frac{3}{4}$ cup fat free (unsweetened) Greek yogurt (recommend Fage brand)
 $\frac{1}{4}$ cup mayonnaise
 $\frac{1}{4}$ cup honey
2 tablespoons apple cider vinegar
Salt and freshly ground black pepper
1 small cabbage, shredded (6-7 cups packed)

1 $\frac{1}{2}$ cups matchstick carrots
2 large gala apples, sliced into matchsticks
 $\frac{1}{2}$ cup sliced green onions
 $\frac{3}{4}$ cups sliced almonds or 1 cup slivered almonds
 $\frac{3}{4}$ cup dried cranberries

1. In a mixing bowl whisk together Greek yogurt, mayonnaise, honey, and apple cider vinegar until smooth, while seasoning with salt and pepper to taste.
2. In a large bowl toss together cabbage, carrots, apples, green onions, almonds, and cranberries. Pour dressing over cabbage mixture and toss to evenly coat. Serve immediately for best results.

Makes 8 servings.

(Note: You can use 1 cup mayonnaise instead of the mix of Greek yogurt and mayonnaise.)

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