

CRISP & TANGY SIDE

Red & White Cabbage Salad

Creamy slaw with apple, yogurt and sunflower seeds

SERVES
8

PREP
20 min

COOK
0 min



I INGREDIENTS

- 2 cups cooked green cabbage, shredded
- 2 cups red cabbage, shredded
- 1 large Granny Smith apple, grated
- 2 Tbsp dry-roasted salted sunflower seeds
- 1/2 cup fat-free plain Greek yogurt
- 1/3 cup fat-free mayonnaise
- 3 Tbsp apple cider vinegar
- 1/8 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste

D DIRECTIONS

- 1 Place the green cabbage, red cabbage, grated apple and sunflower seeds in a large bowl.
- 2 Add the yogurt, mayonnaise, apple cider vinegar, salt and pepper.
- 3 Toss thoroughly, then let the salad stand for 30 minutes so the flavors can blend. Serve about 1/2 cup per person.

1

WW POINTS

per serving

8 POINTS FOR THE FULL RECIPE

COOK'S NOTE

Grate the apple immediately before mixing so it stays fresh and crisp.

ESTIMATED NUTRITION PER SERVING

CALORIES	PROTEIN	CARBS	FAT	SAT. FAT	FIBER	SODIUM
60	2g	10g	2g	0g	2g	150mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.