



FRUIT SLAW

Intermediate Lifestyle

Ingredients

4 cups shredded green cabbage	2-1/2 ounces fat-free raspberry yogurt
3-1/2 cups shredded purple cabbage	2 TBS fat-free (or low-fat) mayonnaise
1 cup thinly sliced 1-inch jicama strips	2 TBS Splenda
1 medium Granny Smith apple	½ TSP lime juice
1 cup red grapes	½ TSP salt
½ cup white wine vinegar	1/8 TSP pepper
½ cup grape juice concentrate	

Instructions

1. Stir to combine vinegar, grape juice concentrate and Splenda with 3 cups of water.
2. Place shredded cabbage and jicama in a bowl, and cover with vinegar mixture. Stir thoroughly, cover, and then allow to marinate in the fridge for 1 hour. After 1 hour, stir mixture and return to the fridge for 10 to 15 minutes.
3. Meanwhile, thinly slice apple into 1-inch strips and cut grapes in half. In a small dish, combine yogurt, mayo, lime juice, salt and pepper. Mix well.
4. Remove slaw from fridge and add one TBS of its marinade to the yogurt mixture, stir until blended.
5. Next, strain slaw thoroughly (draining all of the remaining marinade) and then return slaw to the bowl. Add fruit and yogurt dressing, and toss until completely mixed.

Portion-Per-Serving Information (Yields 8 servings):

1 serving = 3/4 cup = 2 V