

# APPLE CABBAGE SALAD

To get the most nutrition, use your cabbage for this recipe as soon as you cut it.

***Jill Yarbrough, Dining Services Test Kitchen Manager***

**Featured Food:** Cabbage

**Yield:** Serves 6-8

## Ingredients

½ c. vanilla yogurt	1 t. celery seed
2 T. mayonnaise	2 medium Gala apples, cored and chopped
1 T. honey	2 c. cabbage, shredded
1 T. spicy brown mustard	1 c. jicama, peeled and julienne cut

## Preparation

Mix yogurt, mayonnaise, honey mustard, and celery seed. Cover and refrigerate until needed.

Prepare produce just before serving.

Add dressing and toss.