

## **Cabbage Fruit Salad**

Fruits make wonderful toppings for salads. For a salad in a hurry, top spinach with sliced apples, celery, walnuts, and a vinaigrette dressing. To really wow your friends, try this eye-appealing Cabbage recipe.

### **Ingredients**

- \* 2 cups cabbage, shredded
- \* 1/2 cup crushed pineapple, drained
- \* 4 tablespoons plain low fat yogurt
- \* 2 tablespoons chopped peanuts  
and/or raisins (optional)
- \* 2 oranges, peeled, sectioned and  
seeded
- \* 2 medium apples, chopped
- \* 1 teaspoon honey

### **Direction**

1. Wash your hands and clean your cooking area.
2. Wash and prepare cabbage, oranges, and apples as directed.
3. Mix all ingredients.
4. Top with peanuts and/or raisins.