

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 oranges, peeled, sectioned and seeded
- * 2 medium apples, chopped
- * 1 teaspoon honey

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- * 2 tablespoons chopped peanuts and/or raisins (optional)

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.

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