

# Apple Walnut Slaw

From: Angie Neuman/Country Woman Magazine

Serves: 12 Prep Time: 15 min

## Ingredients

3/4 cup mayonnaise  
3/4 cup buttermilk  
3 Tbsp. sugar  
4-1/2 tsp lemon juice  
1/2 tsp salt  
1/4 tsp pepper  
6 cups shredded cabbage ( about 1 small head)  
1-1/2 cups shredded carrots (2-3 med. carrots)  
1/3 cup finely chopped red onion  
1 cup coarsely chopped walnuts, toasted  
3/4 cup raisins  
2 medium apples, chopped

## Instructions

1. Whisk together the first six ingredients.
2. In a large bowl, combine vegetables, walnuts and raisins; toss with dressing. Fold in chopped apples.
3. Refrigerate coleslaw to chill, covered, until serving.

Note: To toast nuts, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until browned, stirring occasionally.

Notes: 1 serving = 3/4 cup. 233 cal., 17 g fat, 2 mg chol., 264mg sod., 21 g carb, (14g sugars, 3 g fiber). 3 g pro.