

Apple Cabbage Salad (Microwave)

1/4 cup sugar
3 tsp. cider vinegar
1 tsp. cornstarch
2 Tbsp. salad dressing
1/2 tsp. celery seed
2 Tbsp. plain yogurt
1/4 tsp. salt
6 cups shredded cabbage
1/8 tsp. dry mustard
2 Ginger Gold or Red Delicious apples, cored and chopped
3/4 cup water

Instructions:

Combine sugar, cornstarch, celery seed, salt and dry mustard in 2-cup microwave safe cup or bowl. Gradually stir in water and vinegar until smooth. Microwave on high, uncovered, for 3 to 3 1/2 minutes or until mixture boils and thickens slightly, stirring once. Refrigerate until chilled, about 3 hours. Mix in salad dressing and yogurt. Combine cabbage and apples in serving bowl and pour on dressing. Toss lightly to coat. Serve immediately or refrigerate. Makes 4 servings.

Courtesy of:
Dr. Catherine A. Hebert
Endodontic Center
(985) 626-0111