



Apple, Poppy Seed, Yogurt & Honey Coleslaw

Ingredients

- 1/8 cup cider vinegar
- ¼ cup plain greek yogurt
- ¼ cup mayonnaise
- 3 Tbsp poppy seeds
- 3 Tbsp honey
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 medium cabbage, cored, finely shredded
- 1 large carrot, peeled, julienne
- 3 scallions, thinly sliced
- 1/4 cup finely minced parsley leaves, optional
- 2 Fuji (or any other crisp, sweet apples), peeled, cored, julienne

Directions

Prepare the Poppy Seed Dressing. In a medium bowl, combine all the ingredients together until well blended. Set aside.

Prepare the salad. In a large bowl, combine the cabbage, carrots, scallions, parsley, and apples. Pour in the reserved dressing and toss until well blended. Refrigerate at least 1 hour before serving, mixing the salad at least once to evenly distribute the dressing.

Courtesy of Wolfgang Puck's Cooking Class
<http://www.foodnetwork.com/recipes/apple-coleslaw-recipe.html>