









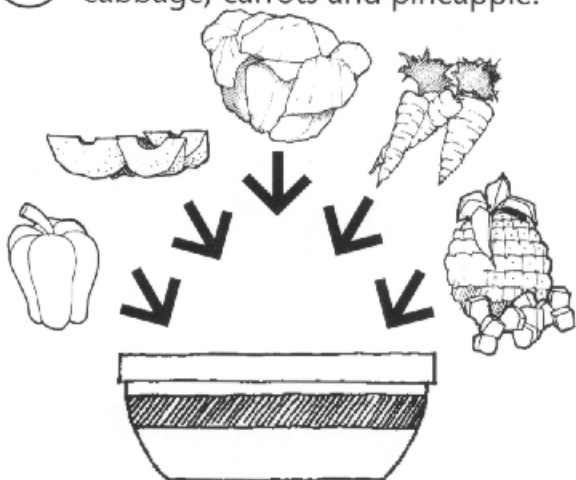
Pineapple Slaw

Ingredients

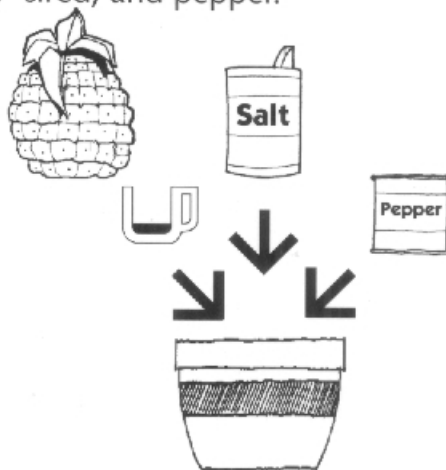
Makes 8 servings

- 1/4 green pepper, chopped 
- 3/4 cup apple, unpeeled and diced 
- 3 cups cabbage, shredded 
- 1 1/2 cups carrots, shredded 
- 1 1/4 cups pineapple tidbits 
- 1/2 teaspoon salt, optional 
- 1/8 teaspoon pepper 
- 1/4 cup pineapple juice 

1 Toss together green pepper, apples, cabbage, carrots and pineapple.



2 Combine pineapple juice, salt, if desired, and pepper.



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Recipe Source: Oregon EFNEP Curriculum, Salad Sheet 1.

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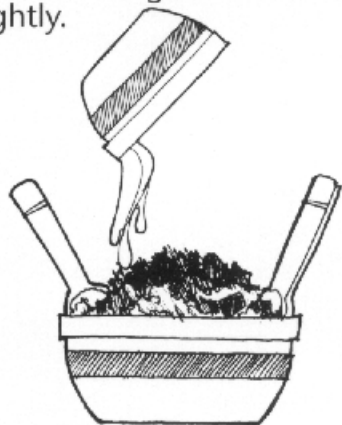
Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Multnomah County.

Adapted and translated for use with Spanish speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and Nutrition Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Multnomah County, 1994.

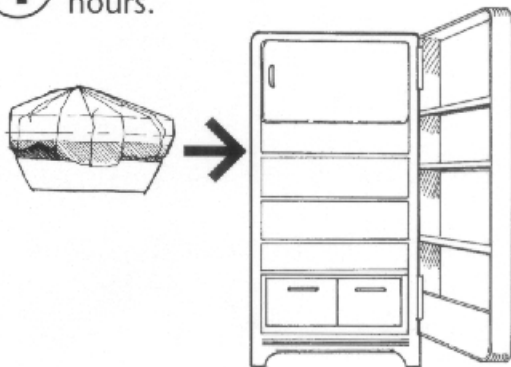
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Pineapple Slaw

3 Pour dressing on salad and toss lightly.



4 Refrigerate any leftovers within 2 hours.



Pineapple slaw is good for:

**VITAMIN
A**

Keeps skin and eyes healthy.

**VITAMIN
C**

Keeps gums and blood vessels healthy.

Fiber

Prevents constipation.