Curried Apple and Pecan Broccoli Slaw

From The Perfect Pantry blog



Servings: 6

DRESSING:
2 tablespoons Greek yogurt (Lydia used nonfat)
2 teaspoons mayonnaise
1 tablespoon honey
1/2 teaspoon curry powder
1 teaspoon rice vinegar
1/4 teaspoon fresh ground black pepper
SALAD:
6 ounces broccoli slaw mix (3 cups) or 1 cup each of shredded broccoli stems, carrot and red cabbage
1 large tart apple, cut into matchsticks or thin slices
2 tablespoons pecan halves, or more to taste (2 to 3)

1. In a mixing bowl, whisk together all of the dressing ingredients. Add the broccoli slaw and apple slices, and toss gently until all ingredients are well combined.
2. In a nonstick dry frying pan over medium heat, toast the pecan halves for 2-3 minutes, until they are fragrant but not browning. Add them to the salad, and toss.
3. Cover the salad with plastic wrap, and refrigerate for 30-60 minutes.
4. Serve cold or at room temperature. Will keep for several days.

Per Serving (excluding unknown items): 59 Calories; 3g Fat (40.4% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.