

# ***A Healthy Bay for Healthy Kids: Cooking with the First Lady of Virginia***

## **Crab & Cabbage Coleslaw Wrapped in Lettuce**

### ***Ingredients:***

1 head of lettuce  
1 small cabbage cut thin  
1 sliced bell pepper  
½ onion sliced in half rings  
¼ cup apple cider vinegar  
2 tablespoons honey  
1 apple sliced in strips  
4 tablespoons plain yogurt  
1 pound crab meat  
Salt to taste

### ***Directions:***

In a large salad bowl, combine cabbage, bell pepper, onion, apple, and crab meat, and toss gently.

In a small bowl, whisk together vinegar, honey, yogurt, and salt.

Pour the dressing over the cabbage mixture until coated.

Place a small amount of crab coleslaw onto a lettuce leaf and wrap. Eat well and enjoy!

Serves 8

### ***Prepared By:***

Virginia Executive Mansion Chef Ed Gross



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