

# Apple-Carrot Slaw with Pistachios

*Taste of Home - August 2020*

*6 cups carrots, julienned  
4 sweet apples, julienned  
1/4 cup tomato juice  
2 tablespoons sugar  
1 1/2 teaspoons cinnamon  
1/2 cup pistachios, chopped  
1/8 teaspoon salt  
1/2 cup pistachios (for  
topping)*

In a bowl, mix all of the ingredients.

Refrigerate until serving.

Just before serving, sprinkle with additional pistachios.

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Per Serving (excluding unknown items): 448 Calories; 2g Fat (2.9% calories from fat); 9g Protein; 108g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; 747mg Sodium. Exchanges: 0 Grain(Starch); 16 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates.