



Apple Banana Salad with Peanuts

Serves: 4

Ingredients:

- 12 oz lettuce mix
- 2 ripe bananas
- 14 oz sliced apples, prepackaged or 2½ apples, sliced
- ¾ cup unsalted dry roasted peanuts



Dressing

- ⅓ cup plain low-fat yogurt
- 2 tbsp fat-reduced mayonnaise
- 1 tbsp honey
- 2 tsp paprika

Directions:

1. Whisk together dressing ingredients.
2. Slice bananas.
3. In a large salad bowl, toss mixed greens, banana and apple slices, peanuts, and dressing.

Tips on how to select and store:

- Choose bananas that are slightly green on the stem and tip. They should be firm, without bruises.
- Store unripe bananas at room temperature. Store ripe bananas in refrigerator for up to two weeks; skin may turn black.

Nutrition Facts: Calories, 330; Calories from fat, 150; Total fat, 17g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 5mg; Sodium, 90mg; Total Carbohydrate, 48g; Fiber, 8g; Protein, 10g; Vit. A, 110%; Vit. C, 25%; Calcium, 10%; Iron, 10%.

Source: www.choosemyplate.com.



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