



Apple Salad

Makes: 6 (1/2 cup) servings

Chilling Time: 1 hour

Ingredients:

1 cup apple, diced

1 teaspoon lemon juice

1/2 cup celery, diced

1/2 cup carrot, grated

1/2 cup raisins

1/2 to 3/4 cup vanilla yogurt

Directions:

1. Wash apples, celery, and carrots before dicing and grating.
2. Toss apples with lemon juice.
3. Add celery, carrot, and raisins.
4. Fold yogurt into apple mixture.
5. Cover. Chill for at least 1 hour before serving.
6. Refrigerate leftovers.



Be creative! Try adding 1/2 cup of chopped walnuts, almonds, or pecans to the salad.

Nutrition Facts: Calories, 90; Calories from fat, 5; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 40mg; Total Carbohydrate, 19g; Fiber, 2g; Protein, 2g.

Source: *Eating Smart-Being Active Curriculum*, USDA, Expanded Food and Nutrition Program.



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