



A Nutrition Resource

APPLE SALAD

Yield: 6 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.41

Ingredients:

- 1 apple, diced
- 1 teaspoon lemon juice
- 1/2 cup celery, diced
- 1/2 cup grated carrot
- 1/2 cup raisins
- 1/2 cup (4 ounces) vanilla yogurt

Directions:

- 1) Wash the apple and vegetables.
- 2) Collect, dice, grate, and measure all ingredients before starting to prepare the recipe.
- 3) Toss apples with lemon juice in a bowl.
- 4) Add celery, carrot, and raisins.
- 5) Stir yogurt into the rest of the ingredients.
- 6) Cover. Chill for at least 1 hour before serving to allow the flavors to mix together.
- 7) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

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

This recipe and phot are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

Nutrition Facts

6 servings per container

Serving size 1/2 Cup (80g)

Amount Per Serving
Calories **70**

% Daily Values*

| | |
|-------------------------------|-----------|
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 25mg | 1% |
| Total Carbohydrate 18g | 7% |
| Dietary Fiber 2g | 7% |
| Total Sugars 12g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | 2% |
| Vitamin D 0mcg | 0% |
| Calcium 37mg | 2% |
| Iron 0mg | 0% |
| Potassium 202mg | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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