

Easy Apple Salad

Nebraska Seasonal Produce Guide

8 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 cup celery, scrubbed with a clean vegetable brush under running water, chopped
- 4 apples, gently rubbed under cold running water, cored and chopped
- ¼ cup raisins*
- ¼ cup dried cranberries*
- ¾ cup low-fat vanilla yogurt
- 1 teaspoon lemon juice
- ½ cup walnuts, chopped (optional)

Instructions

1. Wash hands with soap and water.
2. In a medium bowl, combine celery, apples, raisins, and dried cranberries.
3. In a separate small bowl, stir together yogurt and lemon juice.
4. Add the yogurt mixture and walnuts, if desired, to the fruit. Mix well and serve.
5. Store leftovers in a sealed container in the refrigerator up to four days.

*You can use all raisins or all dried cranberries if desired.

Nutrition Information per Serving (1/8 of recipe): Calories 100, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 25mg, Total Carbohydrates 24g, Fiber 3g, Total Sugars 19g, includes 2g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 4%



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