



Try it “Tuesdays”



Apple Salad

Makes 6 ½ cup servings

Preparation time: 15 minutes

Chilling time: 1 hour

Nutrition Facts

Serving Size 1/2 cup (85g)
Servings Per Container 6

Amount Per Serving

Calories 90 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 19g 6%

Dietary Fiber 2g 8%

Sugars 17g

Protein 2g

Vitamin A 30% • Vitamin C 4%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

- 1 cup diced apple
- 1 teaspoon lemon juice
- ½ cup diced celery
- ½ cup grated carrot
- ½ cup raisins
- ½ to ¾ cup vanilla yogurt

Directions

Wash apples, celery and carrots before dicing and grating. Toss apples with lemon juice. Add celery, carrot and raisins. Fold yogurt into mixture. Cover and chill for at least 1 hour before serving. Refrigerate leftovers.

Be Creative! Try adding ½ cup chopped walnuts, almonds or pecans to the salad.

For more information, Contact your local EFNEP office

