

Apple Salad

This sweet salad is crunchy and refreshing!

Makes: 6 servings
Prep Time: 15 minutes

Source: [eatfresh.org, recipe/ apple salad](http://eatfresh.org/recipe/apple-salad)

Ingredients

- 1 cup Apple *chopped*
- 1 teaspoon Lemon Juice
- 1/2 cup Celery *chopped*
- 1/2 cup Carrot *grated*
- 1/2 cup Raisins
- 1/2 cup Vanilla Yogurt (*or more as needed*)

Optional Ingredients

- 1/2 cup *chopped walnuts, almonds, or pecans*

Directions

1. Add apples to medium bowl and mix with lemon juice.
2. Add celery, carrot, raisins and yogurt. Stir to combine.
3. Cover and chill for at least 1 hour before serving. Refrigerate leftovers.

Utensils Needed

- Measuring cups
- Measuring spoons
- Sharp knife
- Cutting board
- Medium bowl
- Spatula or spoon



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 Cup	
Nutrients	Amount
Calories:	75
Total Fat:	0.4 g
Saturated Fat:	0.2 g
Cholesterol:	1 mg
Sodium:	29 mg
Total Carbohydrates:	17.3 g
Dietary Fiber:	1.7 g
Total Sugars:	13 g
Added Sugars:	0 g
Protein	1.8 g

SHOPPING LIST

Average total cost without oil and seasonings: \$6.82

Average cost/serving: \$1.14

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Low-Fat Vanilla Yogurt 32 oz



Add 1 to Cart
Fresh Carrots 1 pound



Add 1 to Cart
Raisins 1 oz- 6 pack



Add 1 to Cart
Fresh Celery Bunch



Add 2 to Cart
Fresh Apple

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

Cooking Tips

- Not sure what to do with leftover vanilla yogurt? It can easily be added into a fruit smoothies, overnight oatmeal jars, fruit dips, or even a fruit salad. Check out snapedny.org for recipe inspirations!
- Leftover carrots and celery can be added into any soup, stew, salad, or casserole dish
- Raisins go nicely in trail mix, yogurt, even a salad such as Northwest Apple Salad on our snapedny.org website