

Northwest Apple Salad

Use your favorite dried fruits and nuts in this fun salad.

Makes: 4 servings
 Prep Time: 15 minutes
 Cook Time: 5 minutes

Source: [cookingmatters.org, recipes/northwest apple salad](http://cookingmatters.org/recipes/northwest-apple-salad)

Ingredients

- 2 medium green apples
- 2 Tablespoons dried fruit, such as raisins, dried cranberries, or dried currants
- 3 Tablespoons plain low-fat yogurt
- 1 Tablespoon whole, shelled walnuts

Optional Ingredients:

- 1 Tablespoon honey

Directions

1. Rinse and remove cores from apples. Do not peel. Cut into 1-inch pieces. Place in medium bowl.
2. Add dried fruit and yogurt to bowl. Mix well.
3. In a small skillet over medium heat, toast nuts until golden brown and fragrant. Watch closely so they do not burn. Remove from pan and let cool.
4. Chop cooled nuts with a knife. Or, put in a plastic bag and crush with a can.
5. Add crushed nuts to bowl. If using, add honey. Toss and serve.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Small skillet
- Medium bowl



**Small Changes,
BIG Difference!**

Click image to watch the recipe video



Nutrition Information

Serving Size: 3/4 cup

Nutrients	Amount
Calories:	80
Total Fat:	1.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	10 mg
Total Carbohydrates:	16 g
Dietary Fiber:	3 g
Total Sugars:	12 g
Added Sugars:	0 g
Protein	1 g
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	0%

SHOPPING LIST

Average total cost without oil and seasonings: \$17.58

Average cost/serving: \$4.40

Recipe Makes: 4 Servings

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

Ingredients



Add 2 to Cart
Medium Granny Smith (Green) Apple



Add 1 to Cart
California Raisins, 20 oz



Add 1 to Cart
Plain Low-fat Yogurt, 32 oz



Add 1 to Cart
Shelled Walnuts, 2.25 oz



Add 1 to Cart
Pure Clover Honey, 24 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of walnuts. Or, omit nuts if someone has an allergy.
- Nuts could be substituted with seeds like sunflower or pumpkin if preferred.

