

# Apple Salad

Makes 4 servings.  $\frac{3}{4}$  cup per serving.



## Ingredients

- 2 medium Granny Smith apples
- 2 Tablespoons dried fruit, such as raisins, dried cranberries, or dried currants
- 3 Tablespoons plain low-fat yogurt
- 1 Tablespoon whole, chopped 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. Add chopped nuts to bowl. If using, add honey. Toss and serve.

## Nutrition Facts

Serving Size  $\frac{3}{4}$  cup  
Servings Per Recipe 4

Amount Per Serving

**Calories** 80      **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 10mg      **0%**

**Total Carbohydrate** 16g      **6%**

Dietary Fiber 3g      **11%**

Sugars 12g

**Protein** 1g

Vitamin A 2%      • Vitamin C 0%

Calcium 2%      • Iron 0%

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



## Chef's Notes

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of walnuts.
- Toasting nuts can make them more flavorful. In a small skillet over medium heat, toast nuts until golden brown and fragrant, about 2 minutes. Watch closely so they do not burn. Remove from pan and let cool before using.