



EATING SMART
BEING ACTIVE

Apple Salad

Makes: 6 servings (½ cup per serving)

Preparation Time: 15 minutes

Chilling Time: 1 hour

Ingredients

- 1 apple, diced
- 1 teaspoon lemon juice
- ½ cup diced celery
- ½ cup carrot, peeled and grated
- ½ cup raisins
- ½ cup (4 ounces) vanilla yogurt

Directions

1. Wash the apple and vegetables.
2. Collect, dice, grate, and measure all ingredients before starting to prepare the recipe.
3. Toss apple with lemon juice in a bowl to prevent browning.
4. Add celery, carrot, and raisins.
5. Stir yogurt into the rest of the ingredients.
6. Cover. Chill for at least 1 hour before serving to allow the flavors to mix together.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

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

Nutrition Facts	
6 servings per container	
Serving size	1/2 Cup (87g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 319mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Fruits and Veggies: Half Your Plate