



Northwest Apple Salad

Prep: minutes | Cook: minutes | Total: minutes

Yield: 4 servings | Serving Size: 3/4 cup

Ingredients

- 2 medium Granny Smith apples
- 2 Tablespoons dried fruit (raisins, dried cranberries, or currants)
- 3 Tablespoons plain low-fat yogurt
- 1 Tablespoon whole, shelled walnuts

Optional

- 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.

Recipe Notes

- Any type of apple may be used in this recipe
- Use any type of nuts in place of walnuts or omit nuts if there is an allergy.

Nutrition Facts Per Serving: Calories: 80 | Total Fat: 1.5 g | Saturated Fat: 0 g
Sodium: 10 mg | Total Carbohydrate: 16 g | Dietary Fiber: 3 g | Protein: 1 g

Adapted from | Cooking Matters

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