

Apple and Onion Salad

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: 11/4 cups

Ingredients

2 tablespoons apple cider vinegar

2 tablespoons olive oil

¼ teaspoon ground black pepper

4 medium apples, chopped (about 4 cups)

1 medium sweet onion, thinly sliced (about 1½ cups)

Directions

- 1. In a medium mixing bowl, whisk together the vinegar, oil, and black pepper.
- 2. Add the apples and onion. Toss to combine.
- 3. Serve immediately, or chill before serving if desired.

Recipe Notes

- Try using 2 cups chopped or shredded cabbage for 2 of the apples.
- For a creamier consistency, replace the olive oil with olive oil mayonnaise or plain Greek yogurt.
- This salad will keep in the refrigerator for 3-4 days.

Nutrition Facts Per Serving: Calories: 135 | Total Fat: 7 g | Saturated Fat: 1 g Sodium: 5 mg | Total Carbohydrate: 19 g | Dietary Fiber: 4.5 g | Protein: 0 g

