



# Apple and Onion Salad

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

Yield: 4 servings | Serving Size: 1¼ 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

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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