



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

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