



APPLE SALAD

MATERIALS:

Cutting board
Measuring spoons
Medium bowl
Sharp knife
Small skillet

INGREDIENTS:

2 medium Granny Smith apples
2 Tablespoons dried fruit, such as raisins, dried cranberries, or dried currants
3 Tablespoons plain low-fat yogurt
1 Tablespoon whole, shelled walnuts
Optional Ingredients:
1 Tablespoon honey

Serves: 4

Serving size: 3/4 cup

*Recipe from Share Our Strength's Cooking Matters®

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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.

Chef's Notes:

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of walnuts. Or, omit nuts if someone has an allergy.