



EATING SMART  
BEING ACTIVE

## Apple Salad

Makes: 6 servings (½ cup per serving)

Preparation Time: 15 minutes

Chilling Time: 1 hour

### Ingredients

- 1 apple, diced
- 1 teaspoon lemon juice
- ½ cup diced celery
- ½ cup carrot, peeled and grated
- ½ cup raisins
- ½ cup (4 ounces) vanilla yogurt

### Directions

1. Wash the apple and vegetables.
2. Collect, dice, grate, and measure all ingredients before starting to prepare the recipe.
3. Toss apple with lemon juice in a bowl to prevent browning.
4. Add celery, carrot, and raisins.
5. Stir yogurt into the rest of the ingredients.
6. Cover. Chill for at least 1 hour before serving to allow the flavors to mix together.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Try adding ½ cup chopped walnuts, almonds, or pecans to the salad.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	1/2 Cup (87g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 35mg	2%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 2g Added Sugars	4%
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 319mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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## Ensalada de manzana

Rinde: 6 porciones (½ taza por porción)

Tiempo de preparación: 15 minutos

Tiempo de refrigeración: 1 hora

### Ingredientes

- 1 manzana, en dados
- 1 cucharadita de jugo de limón
- ½ taza de apio, en dados
- ½ taza de zanahoria pelada y rallada
- ½ taza de pasas de uva
- ½ taza (4 onzas) de yogur de vainilla

### Preparación

1. Lavar la manzana y los vegetales.
2. Reunir, cortar, rallar y medir todos los ingredientes antes de comenzar a preparar la receta.
3. Colocar la manzana con el jugo de limón en un recipiente para prevenir el dorado.
4. Agregar el apio, la zanahoria y las pasas de uva.
5. Incorporar el yogur al resto de los ingredientes.
6. Cubrir. Dejar enfriar al menos 1 hora antes de servir para realzar los sabores.
7. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

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**¡Sea creativo!** Agregar ½ taza de nueces, almendras o pecanas picadas a la ensalada.



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*Fruits and Veggies: Half Your Plate*