

APPLE SALAD

Makes 4 Servings

Ingredients

2 cups apples, diced
1 cup celery, diced
½ cup raisins
½ cup walnuts (optional)

2 tablespoons salad dressing or
mayonnaise
½ tablespoon orange juice

Directions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and walnuts with the dressing mixture.

Nutrition Facts: Serving size 3 small pancakes, 171 Calories, Total Fat 3g, Sodium 383mg, Total Carbohydrate 31g, Dietary Fiber 2g, Protein 6g

What to look for

- Choose apples that are well-colored, mature, and free from defects such as bruising, cuts and decay.
- Fruit should be firm and crisp with smooth skin and no signs of shriveling.

How to store

- Store apples in the refrigerator to help them last longer. Pack the apples in a plastic bag with holes.
- Apples also can be stored outside the refrigerator in a cool place. Warmer temperatures make them age faster. For best quality, apples should be eaten within three weeks.
- For longer term storage, apples can be canned, frozen or dried.



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and under an agreement with the State of Tennessee.



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.