Apple Salad with Celery

Serves: 8
Prep: 10 minutes

INGREDIENTS
- 2 cups apple, diced
- 1 cup celery, diced
- 1/2 cup raisins*
- 1/2 cup nuts
- 2 tablespoons lite mayonnaise*
- 1 tablespoon 100% orange juice or lemon juice

DIRECTIONS
1. Mix orange juice with lite mayonnaise in a large bowl.
2. Add apples, celery, raisins and nuts. Mix well.
3. Serve immediately with fresh parsley if desired.

*Substitutions
- Raisins ➔ Dried cranberries or cherries
- Lite mayonnaise ➔ Creamy salad dressing or plain nonfat Greek yogurt

Notes:
- Add thinly sliced red or green onion, or chopped fresh herbs for extra flavor.
- Add diced turkey or chicken for extra protein.

Recipe source: University of Kentucky Extension

Nutrition Information
Serving size: 1/2 cup

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total fat</th>
<th>Saturated fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>87</td>
<td>4 g</td>
<td>0 g</td>
<td>1 mg</td>
<td>45 mg</td>
<td>13 g</td>
<td>2 g</td>
<td>9 g</td>
<td>2 g</td>
</tr>
</tbody>
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