

# Apple Salad with Celery



**GREATER  
CHICAGO**  
-FOOD-  
DEPOSITORY.

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**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



## Nutrition Information

*Serving size: 1/2 cup*

<b>Calories</b>	<b>87</b>
<b>Total fat</b>	<b>4 g</b>
Saturated fat	0 g
<b>Cholesterol</b>	<b>1 mg</b>
<b>Sodium</b>	<b>45 mg</b>
<b>Carbohydrates</b>	<b>13 g</b>
Fiber	2 g
Sugar	9 g
<b>Protein</b>	<b>2 g</b>

### 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