

# Carrot Apple Salad



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 8

**Prep:** 15 minutes

## INGREDIENTS

### Salad

- 1 large red apple, thinly sliced
- 1 large green apple, thinly sliced
- 1 tablespoon freshly-squeezed lemon juice
- 3 cups carrots, thinly sliced

### Dressing

- 1/3 cup mayonnaise
- 1/3 cup plain yogurt
- 2 tablespoons honey
- 2 teaspoons rice wine vinegar
- Salt & freshly ground black pepper
- 3/4 cup crumbled feta cheese
- 1/2 cup dried cranberries



## DIRECTIONS

1. In a small bowl, whisk together mayonnaise, yogurt, honey, rice wine vinegar, and salt and pepper, to taste.
2. Core apples and cut into thin slices. Cut carrot slices into thin slices. Place slices in a large bowl and toss with lemon juice.
3. Pour over dressing over apple/carrot mixture and stir to coat.
4. Mix in crumbled feta cheese and dried cranberries.
5. Refrigerate for at least 30 minutes to an hour to allow the flavors to blend, or longer if you prefer softer carrots and apples.

Nutrition Information	
<i>Serving Size: 1/8 of recipe</i>	
<b>Calories</b>	<b>139</b>
<b>Total fat</b>	<b>6 g</b>
Saturated Fat	3 g
<b>Cholesterol</b>	<b>20 mg</b>
<b>Sodium</b>	<b>350 mg</b>
<b>Carbohydrates</b>	<b>19 g</b>
Fiber	2 g
Sugar	1 g
<b>Protein</b>	<b>3 g</b>

Notes:

- If you don't have rice wine vinegar, substitute apple cider vinegar.

Recipe source: Five Heart