

Apple Salad

Makes 4 servings

4 medium red apples, peeled and cut into bite-sized pieces
Juice of 1/2 lemon
1 large orange, peeled, seeded, and cut into pieces
1/4 cup apple *or* orange juice
1 cup seedless green grapes
1 large orange, peeled, seeded, and cut into pieces
1 stalk celery, finely chopped
2 tablespoons chopped walnuts

Place apples in large bowl. Pour lemon and apple juices over apples. Add remaining ingredients and toss well. Drain juice. Chill and serve.

Calories 160
Protein 1 g
Carbohydrate36g
Fat 3g
Sodium 5mg
Potassium 370mg

NUTRITION INFORMATION PER SERVING **Percent U.S. RDA - Per Serving**

Protein 2%
Vitamin A 4%
Vitamin C 60%
Thiamine 6%
Riboflavin 2%
Niacin 0%
Calcium 2%
Iron 2%
Phosphorus2%