

Apple Salad

2 cups diced apples (with or without the peel)
1/4 cup chopped walnuts (or any nut)
1/4 cup raisins
1/4 cup diced celery (1 stalk) if desired
1/2 cup vanilla yogurt

Combine apples, nuts, raisins, and celery, if desired. Add yogurt and stir until coated.

Apple Crisp

4 cups sliced apples (with or without the peel) (about 1 1/2 pounds apples or 4-6 apples)	1/4 cup water
1 Tablespoon orange juice	2 Tablespoons margarine, melted
2 Tablespoons flour	1 cup uncooked oatmeal
6 Tablespoons brown sugar	1 Teaspoon cinnamon

Toss apples with orange juice, flour and 2 tablespoons sugar. Pour into 1-quart baking dish that has been sprayed with nonstick spray or lightly oiled. Sprinkle water over the top. Combine margarine, oatmeal, cinnamon and remaining sugar. Spread over the apples. Bake at 350°F for 25 minutes.

Nutrition Facts

Serving Per Recipe 4

Amount Per Serving

Calories 137

28% of total calories from fat

Total Fat 5g

*Vitamin A 1%

*Calcium 6%

Sodium 19mg

*Vitamin C 7%

*Iron 7%

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist

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Nutrition Facts

Servings Per Recipe 4

Amount Per Serving

Calories 263

22% of total calories from fat

Total Fat 7g

*Vitamin A 3%

*Calcium 4%

Sodium 75mg

*Vitamin C 17%

*Iron 10%

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