

# Apple Salad



**CHOICES**  
Steps Toward  
Health

Serves 4

## Salad:

2 large apples, washed, cored and sliced  
1 cup canned crushed pineapple, drained  
1/3 cup celery, chopped  
2 tablespoons raisins

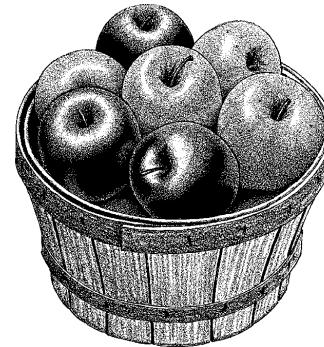
## Dressing:

3 tablespoons plain yogurt, low-fat  
2 teaspoons mayonnaise, low-fat  
1/8 teaspoon cinnamon

## TIPS:

- Keep peels on apples for extra fiber.
- Low-fat mayonnaise cuts both fat and calories.
- Keep chilled.

1. Wash apples and celery.
2. Core and slice apples, chop celery.
3. In a medium bowl, combine salad ingredients.
4. In a small bowl, combine dressing ingredients.
5. Pour dressing over salad and mix well.
6. Serve over lettuce leaves or as a dessert.



**Nutrition Facts:** Serving size: 1 cup; Calories: 110; Fruits and Vegetables: 1 1/2; Fat: 1 g; Fiber: 4 g



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