

Apple Broccoli Salad

Ingredients:

3 apples
3 cups fresh raw broccoli, cut up
¼ cup chopped pecans
1 tablespoon chopped red onion,
1/3 cup raisins
½ cup nonfat yogurt, vanilla flavored
lettuce (optional)

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits and vegetables before preparing.
2. Cut the apple and take out the seeds. Chop the apple.
3. Mix all ingredients together.
4. Serve on lettuce.

Servings:

Makes 6 servings.



Nutrition Information

Per Serving

calories, 134; carbohydrate, 25 g; protein, 3 g; total fat, 3 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 5 g; total sugars, 0 g; sodium, 32 mg; calcium, 66 mg; folate, 29 mg; iron, 1 mg; percent calories from fat, 31%.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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