

Apple and Celery Salad

Makes: 6 Servings

This recipe will help you to make half your plate fruits and vegetables. Celery can be eaten raw or cooked.

Ingredients

- 1 tablespoon** orange juice
- 2 tablespoons** light mayonnaise
- 2 cups** apples (diced)
- 1 cup** celery (diced)
- 1/2 cup** raisins
- 1/2 cup** peanuts (chopped)

Directions

1. In a large bowl, mix orange juice with mayonnaise.
2. Add apples, celery, raisins, and peanuts to the dressing mixture and stir well.
3. Serve at room temperature or chilled.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder.

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	40 mg
Total Carbohydrate	19 g
Dietary Fiber	2 g
Total Sugars	12 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	16 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available