



September 15- Apple and Carrot Salad

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=683194>

Recipe

Ingredients:

- 2 apples
- 1 ½ Tablespoon lemon juice
- 3 cups carrots
- ¼ cup chives, chopped
- 1 Tablespoon olive oil
- 1 teaspoon sugar
- ½ teaspoon table salt
- ¼ teaspoon black pepper
- 2-ounce feta cheese

Directions:

1. Place apples in a large bowl, toss with lemon juice.
2. Add remaining ingredients; toss to mix thoroughly.

Yield 8 servings

Nutrition Facts

Serving Size 3/4 cup (103.95g)
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 240mg **10%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **10%**

Sugars 8g

Protein 2g **3%**

Vitamin A 160% • Vitamin C 10%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.