Recipes

Carrot Apple Salad

Ingredients:

4 carrots
2 apples, finely chopped
1/2 cup crushed pineapple in water, drained
2 tablespoons apple juice, frozen concentrate

Equipment:

Cutting Board
Knife
Parer
Grater
Mixing bowl
Measuring cups
Measuring spoons
Can opener

Number of Servings: 4
Prep Time: 15 minutes
Total Time: 1 hour & 15 minutes

Directions

1. Wash carrots and use a grater to shred into small pieces. Add to medium bowl.

2. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into small pieces. Add to bowl.

3. Open pineapple and drain water. Measure 1/2 cup of crushed pineapple and add to bowl.

4. Add apple juice concentrate to bowl. Mix well and chill until ready to serve.

Nutrition Facts

Serving Size: 1/2 cup
Servings: 4

Amount Per Serving

Calories 191	Calories from Fat 9

	%Daily Value*
Total Fat 1g	1%
Saturated Fat trace 1g	1%
Cholesterol 0mg	0%
Sodium 52mg	2%
Total Carbohydrate 48g	16%
Dietary Fiber 9g	34%
Protein 2g	5%

Vitamin A	813%	Vitamin C	89%
Iron	7%	Calcium	6%

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

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