

# Three-Apple Salad

*Apples and cheese are wonderful complements. Try pairing different varieties of apples and different types of cheese for their unique flavor contrasts. Dried sweet or tart cherries and crunchy nuts add bursts of color, texture, and taste.*

- 3 apples (1 red, 1 yellow, and 1 green) diced (1/2-inch) to measure 2 cups
- 3 ounces Swiss, Cheddar, or Gouda cheese, diced (1/2-inch) to measure 3/4 cup
- 1/2 cup diced (1/2-inch) celery
- 1/2 cup dried cherries (halve if large) or cranberries
- 1 tablespoon thinly sliced green onion
- 1/4 cup chopped, toasted walnuts or pecans (optional)
- 1/2 cup plain fat free yogurt
- 1/4 cup fat free or reduced-fat mayonnaise
- 1 teaspoon frozen apple juice concentrate
- 1 teaspoon lemon juice
- 4 lettuce leaves (optional)

1. In medium bowl, combine apples, cheese, celery, cherries, green onion, and nuts, if desired.
2. For dressing, in small bowl stir together yogurt, mayonnaise, apple juice concentrate, and lemon juice. Toss gently with salad. Serve on lettuce leaves, if desired.

*Prep time: 15 minutes • Cook time: 0 • Makes: 4 servings*

## Cook's Tips:

- Combine red Fuji or Gala, yellow Golden Delicious, and green Granny Smith apples for interesting color and flavor.
- To toast nuts: Preheat oven to 325°. Spread nuts on baking sheet and bake 5 to 10 minutes, stirring once or twice, until nuts are fragrant and lightly browned.

## Tester's Comment:

"When I made this with my daughter, we talked about how the three colors of the apples are like the three colors in traffic lights. I asked her if she knew which color was on the top, middle and bottom of the light. After that, she called this 'Stoplight Salad.'"

## Nutrients per serving:

Calories	205
Protein	9 g
Total Fat	7 g
(Saturated Fat	4 g)
Carbohydrate	28 g
Calcium	241 mg
Cholesterol	22 mg
Fiber	4 g
Sodium	200 mg

