

Apple and lime salad

Number of servings: 6

Preparation time: 10 minutes

Total time: 15 minutes

Ingredients:

- ½ cup walnuts, chopped
- 2 crisp apples, thinly sliced
- 4 scallions, thinly sliced
- ¼ cup flat leaf parsley leaves, chopped
- ¼ cup fresh lime juice
- ½ cup grated mozzarella cheese
- 2 tbsp. olive oil

Equipment Needed:

Cutting board
 Knife
 Large non-stick sauce pan and cover
 Bowl
 Wooden spoon
 Measuring spoons and cups

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Directions

- Chop walnuts and toast them in a dry pan over low heat until they are brown and fragrant. Set aside.
- Wash apples and slice them thinly, removing core. Put in a bowl.
- Wash scallions and slice them thinly, add to apples.
- Wash parsley and chop or tear the leaves. Add to the bowl.
- Grate the mozzarella and add to the bowl.
- Drizzle oil and lime juice over the apple mixture, add nuts, and toss until combined.

Nutrition Facts

Serving Size: about 1 cup

Recipe makes 6 servings

Calories 167

Calories from Fat 110

Amount Per Serving

	%DV
Total Fat 13g	20%
Saturated Fat 2g	12%
Monounsaturated Fat 5g	
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 42 mg	2%
Potassium 167 mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	9%
Protein 5g	10%
Vitamin A	5%
Vitamin C	19%



Add some chicken to this and serve it over salad for a light spring dinner!

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