



# Apple and lime salad

Number of servings: 6 Preparation time: 10 minutes Total time: 15 minutes

## **Ingredients:**

- <sup>1</sup>/<sub>2</sub> cup walnuts, chopped
- 2 crisp apples, thinly sliced
- 4 scallions, thinly sliced
- 1/4 cup flat leaf parsley leaves, chopped
- <sup>1</sup>/<sub>4</sub> cup fresh lime juice
- 1/2 cup grated mozzarella cheese
- 2 tbsp. olive oil

**Directions** 

## **Equipment Needed:**

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

Chop walnuts and toast them in a dry pan over low heat

Wash apples and slice them thinly, removing core. Put in

Wash scallions and slice them thinly, add to apples.

Wash parsley and chop or tear the leaves. Add to the

Drizzle oil and lime juice over the apple mixture, add

until they are brown and fragrant. Set aside.

Grate the mozzarella and add to the bowl.

nuts, and toss until combined.

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## **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 Og	
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%

a bowl.

bowl.

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

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