

## Apple and Lime Salad

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

### Ingredients:

- ½ cup walnuts, chopped
- 2 apples, cored and sliced
- 4 scallions, sliced
- ¼ cup parsley, dried
- ½ cup mozzarella cheese, grated
- 2 tablespoons olive oil
- ¼ cup lime juice

### Equipment Needed:

- Cutting board
- Knife
- Measuring spoons
- Measuring cups
- Sauce pan with lid
- Bowl
- Serving spoon
- Grater

#### TIP:

Always wash fruits before consuming them.

### Directions

- Place walnuts in a dry pan and toast over low heat until they are brown and fragrant. Set aside.
- Place apple slices, scallions, parsley and mozzarella into the bowl.
- Drizzle oil and lime juice over the salad, add the nuts and toss until mixed thoroughly.



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### Nutrition Facts

Serving Size 1 serving (123.42g)  
 Servings Per Container 6

#### Amount Per Serving

**Calories** 170      **Calories from Fat** 110

**% Daily Value\***

**Total Fat** 13g      **20%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 65mg      **3%**

**Total Carbohydrate** 12g      **4%**

Dietary Fiber 2g      **8%**

Sugars 8g

**Protein** 5g

Vitamin A 30%      •      Vitamin C 70%

Calcium 15%      •      Iron 10%

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

To make juicing a lime easier, roll the lime under the palm of your hand onto a counter to help break up the cells and help you squeeze out more juice.

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