

Eat Smart • Move More

Apple Lime Salad

Prep Time: 15 minutes

Total Time: 15 minutes



Ingredients

- 2 apples, cored and sliced
- ½ cup part-skim mozzarella cheese, shredded
- ½ cup walnuts, toasted
- 4 scallions, sliced
- ¼ cup fresh parsley
- ¼ cup lime juice
- 2 tablespoons olive oil

Nutrition Facts

6 servings per container	
Serving size	1 serving (107.05g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 4g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 1mg	4%
Potassium 169mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Select crisp apples, like fuji, gala, pink lady, or honeycrisp.
- ▶ To toast walnuts, place them on a dry pan and toast over low heat until they are brown and fragrant.
- ▶ Roll the lime under your palm onto a counter to help make juicing easier.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Directions

- Place apples, mozzarella, walnuts, scallions, and parsley into a mixing bowl.
- In a separate mixing bowl, combine lime juice and oil. Drizzle dressing over salad and toss until well mixed.

(Recipe adapted from: <https://www.bonappetit.com>.)

www.eatsmartmovemoreva.org