



Cranberry Apple Salad with Honey Yogurt Dressing

Ingredients

Dressing:

3 Tbsp. Plain, Low-Fat Greek Yogurt
1 Tbsp. Honey

Salad:

2 medium Apples
2 Tbsp. Dried Cranberries

*Optional substitutions: swap out dried cranberries for raisin or currants

*Optional add-ins: add your favorite fruit, walnuts, or granola

Directions:

1. Rinse and remove cores from apples. Do not peel. Cut into 1-inch slices. Place in medium bowl. Add dried cranberries.
2. In a small bowl, mix yogurt and honey.
3. Add yogurt mixture to medium bowl of fruit. Toss and serve.

Nutrition Information (per serving)

Serving size: 3/4 cups, Servings: 4
Calories: 60, Protein: 1g, Carbohydrate: 15g
Sugar: 13g, Fat: 0g, Sodium: 2mg

(Adapted from *Cooking Matters*)

Broccoli Apple Salad with Lemony Dressing

Ingredients

Dressing:

1 Lemon, juiced
1 Tbsp. Olive Oil
Salt and pepper, to taste

Salad:

1 large Broccoli Crown, sliced
2 Apples, thinly sliced

Directions

1. Slice the stem of the broccoli into 1/8th inch discs. Once you reach the crown of the broccoli, cut each of the florets off and slice each of them as thinly as you can. Set the broccoli in a bowl. Add the sliced apples.
2. In a small bowl, mix lemon juice and olive oil together. Add salt and pepper, to taste.
3. Pour the dressing over the bowl of broccoli and apples. Mix together.

Nutrition Information (per serving)

Serving size: 1 cup, Servings: 4
Calories: 71, Protein: 0g, Carbohydrate: 11g
Sugar: 8g, Fat: 4g, Sodium: 3mg

(Adapted from *Good and Cheap, Eat Well on \$4 a Day*)