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:**

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*)