

Apple Carrot Salad

Ingredients

Carrots, peeled and grated	25	25
Apples, grated	25	25
Yogurt, plain, 2% M.F.	6 cups	1.5 L
Yogurt, vanilla, 1% M.F.	6 cups	1.5 L
Lettuce leaves, washed and dried	50	50

Directions

1. In a large bowl, mix carrots, apples and yogurt together.
2. Cover with plastic wrap and refrigerate 5 minutes.
3. Stir again.
4. Portion the carrot and apple mixture equally onto the 50 lettuce leaves that have been plated.

Makes 50 ½ cup (173g) servings.

Nutrition Facts	
Per ½ cup (173 g)	
Amount	% Daily Value
Calories 100	
Fat 1.5 g	2 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 5 mg	
Sodium 60 mg	3 %
Carbohydrate 12 g	7 %
Fibre 2 g	8 %
Sugars 11 g	
Protein 3 g	
Vitamin A 5 %	Vitamin C 15 %
Calcium 11 %	Iron 2 %

Nutrient Claim	Amount per Serving
Source of fibre	2 g
Low in fat	1.5 mg
Low in sodium	60 mg
Source of calcium	110 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	0
Milk and Alternatives	⅓
Meat and Alternatives	0

Alberta Nutrition Guidelines Category

Choose Most Often
(Mixed dish)



Recipe Tips

- Serve this salad with ½ of a sandwich and a glass of milk for a balanced meal.
- This salad is a great fall recipe when apples and carrots are in season.
- Use diced grapes instead of apples for a variation on this recipe.
- Look for yogurts that do not contain any sugar substitutes. Examples of sugar substitutes are aspartame or sucralose.