



Apple, Cucumber, & Pear Salad



Makes 4 servings

Ingredients:

- 2 Apples (Gala, Pink Lady, Brae burn)
- 1 Pear (Anjou, Bartlett, etc.)
- 1 Cucumber
- 2 Tbsp. mustard
- 2 Tsp. dried dill or 2 tbsp. fresh dill, chopped
- 4 Tbsp. apple cider vinegar
- Pinch of brown sugar
- 4 Tbsp. olive oil
- 1 Small sweet onion.

Preparation:

Combine mustard, dill, vinegar, sugar and olive oil. Set aside. Chop apples and pears into thin slices with skin on. Slice cucumber into rounds & slice onion. Add all to bowl with dressing and toss to coat.

Nutritional information for 1 cup serving:

Calories 280, Fat 15 gm
Protein 3gm, Fiber 5 gm
Cholesterol 0 mg
Sodium 90 mg.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition

Rev. 01/2010



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