

## Apple and Cheese Salad



### Ingredients:

- 1 apple, cored and chopped
- 1 teaspoon lemon juice
- 1 stalk celery, chopped
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons chopped walnuts or pecans
- 2 ounces reduced-fat cheddar cheese, cubed
- 2 tablespoons vanilla Greek yogurt

### Directions:

1. Combine all ingredients and mix well.
2. Serve cold.

Makes 2 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>