



A Nutrition Resource

CUCUMBER APPLE SALAD

Yield: 6 Servings | Serving Size: 1/2 cup

Cost/Serving: \$0.76

Ingredients:

- 1 Tbsp oil
- 1/2 Tbsp white vinegar
- 1 tsp honey
- 1/2 Tbsp apple juice
- 1/4 tsp salt
- Pinch of black pepper
- 1 apple, unpeeled, preferably red apples
- 1 tsp lemon juice
- 2 cucumbers, peeled and sliced into 1/4-inch slices
- 3 Tbsp red bell pepper, *diced*
- 1 1/2 Tbsp red onion, *diced*
- Optional: 1 1/2 tsp dill, *chopped*

Directions:

1. Combine the dressing ingredients: oil, vinegar, honey, apple juice, salt, and pepper in a bowl. This can be done one day ahead of time. Cover and refrigerate the dressing if done in advance.
2. Wash the apples well, as you will be using the skins. Use an apple sectioner to core and section the apples or do this by hand. Discard the core and halve the slices.

Nutrition Facts

6 servings per container

Serving size 1/2 cup (0.0g)

Amount Per Serving

Calories **60**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes <1g Added Sugars **2%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 0.3mg **2%**

Potassium 160mg **4%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Recipe adapted from
Massachusetts Farm to School
Cookbook and MT Harvest of the
Month*

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource



3. Toss the apples with the lemon juice in a large bowl to prevent them from browning.
4. Add the cucumbers, red pepper, red onion, and dill, if you are using it. Add the dressing, then toss to thoroughly combine. Chill.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION