

# Crunchy Fruit Salads

## Salad of the Month November- 2015



Liven up mealtime with a low-fat, fiber-full salad of crunchy fruits and veggies. Eating a rainbow of produce offers lots of nutrients.

**Prep Time:** 15 Min

**Start to Finish:** 15 Min

**Makes:** 4 servings

### INGREDIENTS

- 1 large apple or pear, cut into bite-size pieces
- 1 large stalk celery, sliced
- 1/4 cup raisins or peanuts, if desired
- 1/4 cup reduced-fat ranch salad dressing or mayonnaise
- Lettuce leaves
- 1 cup O-shaped cereal, slightly crushed

### DIRECTIONS

1. In medium bowl, mix apple, celery, raisins and dressing until blended. Refrigerate until serving time.
2. Just before serving, arrange lettuce leaves in 4 salad bowls or on plates. Spoon apple mixture over lettuce. Top each serving with 1/4 cup cereal. Serve immediately.



**Recipe Provides:** Fats & Oils 1tsp, Grains 1/4oz-equivalents, Vegetables 1/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	1 g	<b>Saturated Fat:</b>	0 g
<b>Calories:</b>	80	<b>Calories from Fat:</b>	10	<b>Carbohydrates:</b>	18 g
<b>Cholesterol:</b>	0 mg	<b>Dietary Fiber:</b>	2 g	<b>Sodium:</b>	180 mg
<b>Sugars:</b>	7 g	<b>Protein:</b>	1 g		



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)

