



Cornell University
Cooperative Extension
New York City



Apple Walnut Salad

Yields 6 servings (½ cup each)

Ingredients

3 medium apples, chopped small
1 cup carrots, grated
¼ cup walnuts, finely chopped (optional)

Dressing

1 tablespoon olive oil
½ tablespoon apple cider vinegar
1 tablespoon honey
1 tablespoon water
black pepper to taste

Instructions

1. Do not peel apples or carrots. Rinse and scrub them with a vegetable brush.
2. Chop apples into small, thin pieces. Shred carrots using a grater.
3. In a large bowl, mix all ingredients together well.
4. In a separate bowl, mix the dressing together.
5. Pour the dressing over the salad. Chill and serve.

Helpful Information

- Tastes great with ½ cup of your favorite leafy green. Try shredded cabbage or spinach leaves.
- Add other spices to the dressing. Ginger or mint can give the salad a refreshing taste!
- Fruits and vegetables are great sources of vitamins, minerals, and fiber, so make your plate ½ vegetables and fruits every day!

Source: CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Nutrition Facts

Servings Per Recipe 6 servings
Serving size ½ cup

Amount per serving
Calories 110

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 12g

Includes 3g Added Sugars 6%

Protein 1g

Vitamin D 0mcg 0%

Calcium 11mg 0%

Iron 0mg 0%

Potassium 81mg 2%

*The % Daily Value 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.

Label analysis based on ingredients listed.





Ensalada de Manzana y Nueces

Rinde 6 porciones (½ taza cada porción)

Ingredientes

3 manzanas medianas, picadas
1 taza de zanahorias, ralladas
¼ taza de nueces, finamente picadas
(opcional)

Aderezo

1 cucharada de aceite de oliva
½ cucharada de vinagre de cidra
1 cucharada de miel
1 cucharada de agua
Pimiento negra, al gusto

Instrucciones

1. No pele las manzanas ni las zanahorias. Enjuague y restriéguelas con un cepillo para lavar vegetales.
2. Corte las manzanas en pequeños pedazos delgados. Ralle las zanahorias usando un rallador.
3. En un tazón grande, mezcle todos los ingredientes bien.
4. En un pozuelo separado, mezcle los ingredientes del aderezo juntos.
5. Ponga el aderezo sobre la ensalada. Enfríela y sírvala.

Nutrition Facts

Servings Per Recipe	6 servings
Serving size	½ cup
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 81mg	2%

*The % Daily Value 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.

Label analysis based on ingredients listed.

Helpful Information

- Sabe delicioso con ½ taza de sus verduras de hoja verde favoritas. Pruebe col rallada o espinaca.
- Agregue otras especias al aderezo. ¡El gengibre o la menta dan a la ensalada un sabor refrescante!
- Las frutas y los vegetales tienen muchas vitaminas, minerales, y fibra. ¡Así que llene la mitad de su plato con vegetales y frutas todos los días!

Source: CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

Por favor vea videos de recetas en nuestro canal de YouTube: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

