

# Apple and Cucumber Salad

Serves 8

## DRESSING:

- 2 tablespoons olive or vegetable oil
- 1 tablespoon white vinegar
- 1 teaspoon honey
- 1 tablespoon apple juice
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

## SALAD:

- 2 large apples with skin
- Juice from ½ lemon (about 1 tablespoon)
- 2 small cucumbers, peeled and sliced about ¼ inch thick
- ½ sweet red pepper, coarsely chopped
- 2 tablespoons red onion, diced
- 2 teaspoons fresh dill, chopped, or ½ teaspoon dried (optional)

## DRESSING:

1. Combine the dressing ingredients: oil, vinegar, honey, apple juice, salt and pepper in a bowl. (This can be done, covered, and refrigerated a day ahead.)

## SALAD:

1. Wash the apples well since you are using the skins.
2. Remove the core and cut the apples into bite-sized pieces.
3. Put the apple pieces into a large bowl, add lemon juice, and toss together to keep the apples from turning brown.
4. Wash and prepare the cucumber, red pepper, red onion, and dill (if you are using dill). Add these ingredients to the apple pieces.
5. Add the dressing and toss everything until the apples and vegetables are well coated.

## Nutrition Facts:

Serving size: ½ cup; Calories: 70; Fruits and Vegetables: 1 serving; Fat: 3.5 g; Fiber: 2 g



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