

Surprise Salad

It's no surprise how quickly this salad disappears!

10 servings, 1/2 cup each

Ingredients:

- 1 apple
- 2 bananas
- 1/2 cup lemon juice
- 3 large carrots (about 3 cups shredded)
- 1/2 cup sugar
- 1/3 cup seedless raisins
- 1/2 cup low fat salad dressing

Directions:

1. Chop apple, slice bananas and put in a mixing bowl; add lemon juice to keep the fruit from turning brown.
2. Grate carrots into another mixing bowl and add sugar and raisins.
3. Remove apples and bananas from juice and mix with carrot mixture.
4. Add salad dressing, blend and chill until serving time.

Nutrition Facts: One 1/2 cup serving provides 120 calories, 0g total fat, 0mg cholesterol, 115mg sodium, 28g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



Chef's Choice
Surprise Salad
Tuna Fish Sandwich
Milk

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