



Spiral Fruit & Cuke Salad



1/4th of recipe (about 1 cup): 175 calories, 4.5g total fat (1g sat. fat), 458mg sodium, 32.5g carbs, 2.5g fiber, 26g sugars, 3g protein

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Prep: 15 minutes



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Ingredients

Salad

12 oz. (about 2 medium) Fuji or Gala apples
10 oz. (about 1 large) seedless cucumber
6 oz. (about 1 medium) Granny Smith apple
1/4 cup sweetened dried cranberries, chopped
1/4 cup reduced-fat crumbled feta cheese
1/2 oz. (about 2 tbsp.) chopped walnuts

Dressing

3 tbsp. seasoned rice vinegar
1 tbsp. Dijon mustard
2 tsp. honey
1 tsp. olive oil

Directions

Peel Fuji/Gala apples, cucumber, and Granny Smith apple. Using a tabletop spiral vegetable slicer, cut apples and cucumber into spaghetti-like noodles. (If you don't have a tabletop spiral veggie slicer, cut them into matchstick-sized strips.) Roughly chop for shorter noodles. Finely chop any remaining apple. Place in a large bowl.

Add remaining salad ingredients, and toss to mix.

In a small bowl, combine all dressing ingredients. Whisk until uniform. Add dressing to salad, and toss to coat.

MAKES 4 SERVINGS

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