

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Aunt Neva's Apple Salad

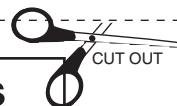
### Salad

- 6 to 8 medium size crisp red apples
- 1 cup finely diced celery
- 1 to 1 1/2 cups seedless red or green grapes cut in half
- 1 to 1 1/2 cups miniature marshmallows

### Dressing

- 1/4 cup sugar
- 3 T salad dressing

- Quarter and core the apples. Cut into bite size chunks. Treat apples to prevent browning. Add celery, grapes and marshmallows.
- Sprinkle with about 1/4 cup sugar or sugar substitute and 1/4 teaspoon salt.
- Mix with enough salad dressing (about 3 heaping tablespoons) salad dressing to lightly cover ingredients.
- Cover and refrigerate. Makes a large salad that should serve 10-12.



### Nutrition Facts

Serving Size (146g)  
Servings Per Container 10

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**Amount Per Serving**  
Calories 130 Calories from Fat 25

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	% Daily Value*
Total Fat 2.5g .....	4%
Saturated Fat 0g .....	0%
Cholesterol 0mg .....	0%
Sodium 125mg .....	5%
Total Carbohydrate 29g .....	10%
Dietary Fiber 2g .....	6%
Sugars 23g	
Protein 1g	

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Vitamin A 2%	•	Vitamin C 10%
Calcium 2%	•	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4  
This makes a large salad. Plan to use within two days for best quality.

### Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Red Apples .....	Produce
Celery .....	Produce
Seedless Red Or Green Grapes..	Produce
Miniature Marshmallows.#5	
Sugar .....	#11
Salad Dressing .....	#10



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