

Bucket 'O Apple-Hazelnut Salad

Ingredients:

- 2 Tbsp non-fat bottled raspberry vinaigrette
- 1 apple, diced
- ¼ cup dried fruit tidbits
- 2 Tbsp chopped hazelnuts
- 1 cup pre-cut mixed greens, rinsed and drained

Directions:

1. Wash, core, and dice apple into small pieces.
2. Layer ingredients, in order in a large, travel-proof, lidded insulated cup.
3. When ready to eat, shake cup well.

Nutrition:

- This recipe makes 1 serving.
- Each serving counts as 1 fruit.

Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.

Source: Centers for Disease Control

