

# Apple-Pear Salad

## Ingredients:

2 medium apples, sliced  
2 medium pears, sliced  
1 medium stalk celery, diagonally sliced (about 1/2 cup)  
2 tablespoons lemon juice  
1 tablespoon honey  
1/4 teaspoon salt  
1/4 teaspoon pumpkin pie spice  
8 lettuce leaves

## Directions:

Mix apples, pears, and celery.

Shake lemon juice, honey, salt, and pumpkin pie spice in tightly covered container; toss with apple mixture.

Cover and refrigerate at least 1 hour.

Arrange on lettuce leaves.

Source: Betty Crocker Cookbook, 1986.

<b>Nutrition Facts</b>	
Serving Size 2/3 cup (97g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories 50</b>	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 10g	
<b>Protein 0g</b>	
Vitamin A 6%	• 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    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	