

CHEESE MAKES A
Difference

to
Summer
Salads

Apple and Cheese Salad



BRITISH
CHEESE
BOARD



Serves 2 | Prep time: 10 min | Cooking time: None



Apple and Cheese Salad

PERFECT AS A STARTER OR SNACK, THIS SALAD IS PACKED WITH NUTRIENTS AND FRESH FLAVOURS WHICH COMPLEMENT ANY MEAL.

INGREDIENTS

- 1 firm, juicy eating apple
- 1 tbsp lemon juice
- 1 stick celery, chopped
- 25g seedless raisins
- 25g walnuts, roughly chopped
- 50g hard cheese of choice that can be cut into cubes
- 2 tbsp low fat natural yogurt

METHOD

1. Wash, but do not peel the apple. Remove the core, quarter and then cut the apple into triangles or cubes. Mix at once with the lemon juice. This stops the apple going brown.
2. Add the celery, raisins, walnuts and cheese and mix together.
3. Mix the salad and yogurt together and serve.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

273kcal | 10.8g protein | 18.4g carbohydrate of which 18.4g sugars | 17.9g fat of which 6.4g saturates | 3g dietary fibre | 235mg sodium equivalent to 0.6g salt | 283mg calcium | 254mg phosphorus | 0.7µg vitamin B₁₂

