

APPLE PEAR WALNUT SALAD

MAKES: 6 servings (1/2 cup each)

INGREDIENTS

- 2 medium apples, finely chopped
- 1 medium pear, finely chopped
- 1/3 cup walnuts, chopped*
- 1 cup plain Greek yogurt
- **Optional:** Add a handful of dried cranberries, raisins, or a drizzle of honey to make into a sweet dessert

*If you do not have walnuts, try using slivered almonds.

APPLE PEAR WALNUT SALAD

MAKES: 6 servings (1/2 cup each)

INGREDIENTS

- 2 medium apples, finely chopped
- 1 medium pear, finely chopped
- 1/3 cup walnuts, chopped*
- 1 cup plain Greek yogurt
- **Optional:** Add a handful of dried cranberries, raisins, or a drizzle of honey to make into a sweet dessert

*If you do not have walnuts, try using slivered almonds.

APPLE PEAR WALNUT SALAD

MAKES: 6 servings (1/2 cup each)

INGREDIENTS

- 2 medium apples, finely chopped
- 1 medium pear, finely chopped
- 1/3 cup walnuts, chopped*
- 1 cup plain Greek yogurt
- **Optional:** Add a handful of dried cranberries, raisins, or a drizzle of honey to make into a sweet dessert

*If you do not have walnuts, try using slivered almonds.

APPLE PEAR WALNUT SALAD

MAKES: 6 servings (1/2 cup each)

INGREDIENTS

- 2 medium apples, finely chopped
- 1 medium pear, finely chopped
- 1/3 cup walnuts, chopped*
- 1 cup plain Greek yogurt
- **Optional:** Add a handful of dried cranberries, raisins, or a drizzle of honey to make into a sweet dessert

*If you do not have walnuts, try using slivered almonds.

DIRECTIONS

Cut and core the apples and pears. Discard the cores. Then chop apples and pears into very small pieces and toss them in a bowl. Add chopped walnuts and mix together. Finally, add the Greek yogurt and mix until well blended.

Note: Buy the walnuts pre-chopped in the bulk section. Otherwise, buy them whole and use a nut chopper to chop them or put in a closed plastic bag and break them into small pieces with a rolling pin.

HEALTHY TIPS

- Leave the skins on the pears and apples for extra healthy fiber.
- Instead of adding yogurt, mix together apples, pears and walnuts and eat over salad greens with a vinaigrette dressing.
- Serve as a kid-friendly after school snack or dessert.

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



DIRECTIONS

Cut and core the apples and pears. Discard the cores. Then chop apples and pears into very small pieces and toss them in a bowl. Add chopped walnuts and mix together. Finally, add the Greek yogurt and mix until well blended.

Note: Buy the walnuts pre-chopped in the bulk section. Otherwise, buy them whole and use a nut chopper to chop them or put in a closed plastic bag and break them into small pieces with a rolling pin.

HEALTHY TIPS

- Leave the skins on the pears and apples for extra healthy fiber.
- Instead of adding yogurt, mix together apples, pears and walnuts and eat over salad greens with a vinaigrette dressing.
- Serve as a kid-friendly after school snack or dessert.

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



DIRECTIONS

Cut and core the apples and pears. Discard the cores. Then chop apples and pears into very small pieces and toss them in a bowl. Add chopped walnuts and mix together. Finally, add the Greek yogurt and mix until well blended.

Note: Buy the walnuts pre-chopped in the bulk section. Otherwise, buy them whole and use a nut chopper to chop them or put in a closed plastic bag and break them into small pieces with a rolling pin.

HEALTHY TIPS

- Leave the skins on the pears and apples for extra healthy fiber.
- Instead of adding yogurt, mix together apples, pears and walnuts and eat over salad greens with a vinaigrette dressing.
- Serve as a kid-friendly after school snack or dessert.

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



DIRECTIONS

Cut and core the apples and pears. Discard the cores. Then chop apples and pears into very small pieces and toss them in a bowl. Add chopped walnuts and mix together. Finally, add the Greek yogurt and mix until well blended.

Note: Buy the walnuts pre-chopped in the bulk section. Otherwise, buy them whole and use a nut chopper to chop them or put in a closed plastic bag and break them into small pieces with a rolling pin.

HEALTHY TIPS

- Leave the skins on the pears and apples for extra healthy fiber.
- Instead of adding yogurt, mix together apples, pears and walnuts and eat over salad greens with a vinaigrette dressing.
- Serve as a kid-friendly after school snack or dessert.

The Food Group • www.thefoodgroupmn.org
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428

