

Salad

Zucchini Apple Salad

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Taste of Home Magazine - April/May 2012

Servings: 6

2 medium red apples, chopped

2 small zucchini, chopped

1/2 cup walnuts, coarsely chopped

2/3 cup Italian salad dressing

In a bowl, combine the apples, zucchini and walnuts.

Add the Italian dressing. Toss to coat.

Per Serving (excluding unknown items): 220 Calories; 19g Fat (71.9% calories from fat); 4g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 206mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat.