

Seasonal Eating

Apple and Raisin Salad

Ideas for Using Fresh Produce

- 1 apple, diced into 1/2 inch chunks
- 1/4 cup raisins
- 1/4 cup of pecans
- 1 teaspoon Dijon mustard
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon mayonnaise



To make dressing combine mustard, olive oil, vinegar and mayonnaise. Mix well and let the flavors marinade while you dice apple. Once apple is diced mix into bowl and add raisins. Refrigerate until ready to serve. Add pecans when you are ready to serve.

Seasonal Kitchen Produce Pages
Bedford County Farmers Market
bedford.tennessee.edu

(Click on Seasonal Eating under the Family Menu)



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