

Haystack Apples

Oakland Schools SE



Ingredients

1 granny smith apple, washed
1 Tbsp. olive oil
1 Tbsp. apple cider vinegar
1 tsp. honey
1 tsp. parsley, washed and chopped

Directions

Cut apple in quarters, remove stem and seeds.
Cut into thin match stick size pieces.
Put oil, vinegar, honey and parsley in a bowl to combine.
Gently coat apples in the sauce.
Stack tall on a plate as a garnish or on pork chops, looks great on fresh melon.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 2

108

7g

1g

0

2mg

13g

2g

0