**Green Bean Apple Salad**

1. 3 small apples, cored and thinly sliced
2. 1 lb green beans
3. ½ red onion, sliced as rings
4. 1 Cucumber
5. Kosher salt
6. Olive oil
7. Garlic powder
8. Cranberries
9. Black pepper
10. Real lemon juice

Slice apples and place in a container with some lemon juice (helps keep apples from browning).
Remove stems from fresh green beans, place in pot with 1 inch of water, and steam them for about 6 minutes. (Please don’t over cook them).
Place them in a container of cold water. (So they will not continue to cook) Drain
Cut cucumbers into little sticks and cut onions into rings.
Mix apples, onions, cucumbers, green beans together.
Add a splash of lemon juice, olive oil, cranberries and a sprinkle of kosher salt and garlic powder to taste.

**Nutrition Values**

- Calories: 80
- Fat: 3 gm
- Cholesterol: 0 gm
- Calcium: 46 mg
- Carbohydrate: 13 gm
- Sodium: 475 mg
- Protein: 2 gm
- Fiber: 4 gm