

## **Apple-Horseradish Relish**

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**2 tablespoons prepared horseradish, drained**

**1 tablespoon apple cider vinegar**

**2 teaspoons apple cider vinegar (additional)**

**1 tablespoon fresh lemon juice**

**1 tablespoon maple syrup**

**salt and pepper**

**1 golden delicious apple**

**1 granny smith apple**

In a medium bowl, combine the horseradish, vinegar, lemon juice, syrup, 1/4 teaspoon of salt and 1/4 teaspoon of freshly ground black pepper.

Using the large holes of a box grater, grate the apples and discard the cores.

Immediately stir the apples into the horseradish mixture.

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Per Serving (excluding unknown items): 193 Calories; 1g Fat (2.8% calories from fat); 1g Protein; 50g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 105mg Sodium. Exchanges: 0 Lean Meat; 2 Fruit; 1 Other Carbohydrates.