



Autumn Salad

Fruit and nuts make this salad a fun side to most main-dish meals and it can be served year round!

Ingredients:

- 1 Granny Smith apple, rinsed and thinly sliced (with skin)
- 2 Tbsp lemon juice
- 1 bag mixed lettuce greens (or your favorite lettuce) (about 5 C), rinsed
- ½ C dried cranberries
- ¼ C walnuts, chopped
- ¼ C unsalted sunflower seeds
- 1/3 C low-fat raspberry vinaigrette dressing

Directions

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with raspberry vinaigrette dressing, to lightly cover the salad, and serve.

Yield: 6 Servings. Serving size: 1 cup salad

Each serving provides:

Calories: 138	Total fat: 7 g
Saturated fat: 1 g	Cholesterol: 0 mg
Sodium: 41 mg	Total fiber: 3 g
Protein: 3 g	Carbohydrates: 19 g
Potassium: 230 mg	

