

# autumn salad



National Heart, Lung,  
and Blood Institute

<http://wecan.nhlbi.nih.gov>

## Ingredients

1 medium Granny Smith apple, sliced thinly (with skin)

2 tablespoons lemon juice

1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)

$\frac{1}{2}$  cup dried cranberries

$\frac{1}{4}$  cup walnuts, chopped

$\frac{1}{4}$  cup unsalted sunflower seeds

$\frac{1}{3}$  cup low-fat raspberry vinaigrette dressing

## autumn salad

1. Sprinkle lemon juice on apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with  $\frac{1}{3}$  cup of raspberry vinaigrette dressing, to lightly cover the salad.

**Yield** 6 servings, **Serving Size** 1 cup, **Calories** 138, **Total Fat** 7g, **Saturated Fat** 1g, **Cholesterol** 0mg, **Sodium** 41mg, **Total Fiber** 3g, **Protein** 3g, **Carbohydrates** 19g, **Potassium** 230mg