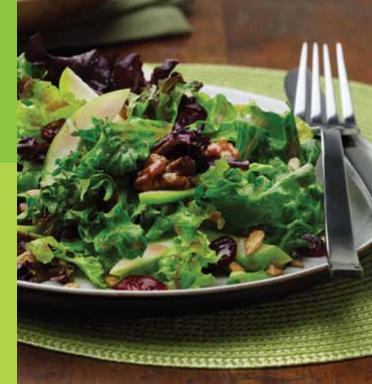
## autumn salad



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)

1/2 cup dried cranberries

<sup>1</sup>/<sub>4</sub> cup walnuts, chopped

<sup>1</sup>/<sub>4</sub> cup unsalted sunflower seeds

<sup>1</sup>/<sub>3</sub> cup low-fat raspberry vinaigrette dressing

## autumn salad

- 1. Sprinkle lemon juice on apple slices.
- Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
- 3. Toss with 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