## autumn salad

## Ingredients

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

2 tablespoons lemon juice

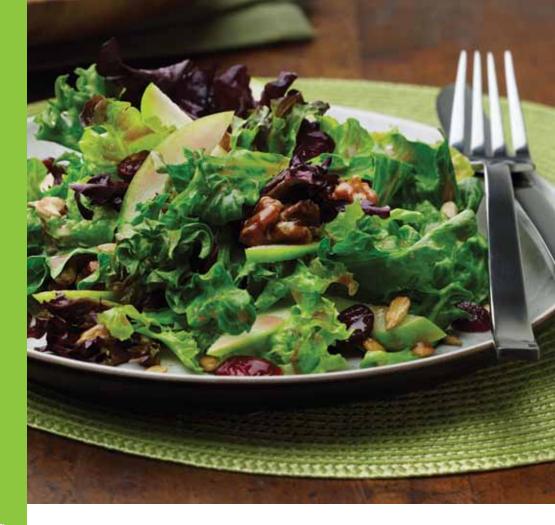
1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)

 $1/_2$  cup dried cranberries

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

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

 $1/_{3}$  cup low-fat raspberry vinaigrette dressing



- 1. Sprinkle lemon juice on apple slices.
- 2. 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



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