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
1/4 cup walnuts, chopped
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