



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Autumn Salad***

#### **Ingredients:**

- 1 medium Granny Smith apple, sliced thinly (with skin)
- 2 tablespoons lemon juice
- 1 bag (about 5 cups) mixed lettuce greens
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- 1/3 cup low-fat raspberry vinaigrette dressing

#### **Directions:**

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.

Serves 6

138 calories, 7 g fat, 1 g saturated fat, 19 g carbohydrate, 3 g fiber, 3 g protein, 41 mg sodium

Source: National Heart, Lung, and Blood Institute

