Autumn Salad

Recipe of the Week

Simple, Seasonal, Sustainable

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