

APPLE CRANBERRY SALAD

INGREDIENTS

- 1 medium head of lettuce (about 10 cups)
- 2 medium apples (medium, sliced)
- 1/2 cup chopped walnuts
- 1 cup dried cranberries
- 1/2 cup green onions, sliced
- 3/4 cup vinaigrette dressing

DIRECTIONS

1. Wash hands with soap and water.
2. Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
3. Add dressing; toss to coat. Serve immediately.



Recipe courtesy of the U.S. Department of Agriculture

Serving Size: 1/8 of recipe

Nutrition Information: Calories: 174; Total fat: 10g; Saturated fat: 1g; Cholesterol: 5mg; Sodium: 227mg; Total Carbohydrate: 22g; Dietary Fiber: 3g; Sugars: 17g; Protein: 2g.