

Autumn Salad

(Makes 6 servings)

Ingredients:

- 1 Granny Smith apple, rinsed and sliced thinly (with skin)
- 2 tablespoons lemon juice
- 5 cups mixed greens (or your favorite lettuce), rinsed and dried
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- 1/3 cup raspberry vinaigrette dressing

Directions:

- 1) Sprinkle lemon juice on the apple slices.
- 2) Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
- 3) Toss with raspberry vinaigrette dressing to lightly cover the salad, and serve.



Nutritional Analysis: (per serving)

- Calories: 138
- Total Fat: 7 g
- Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 41 mg
- Total Fiber: 3 g
- Protein: 3 g
- Carbohydrates: 19 g

Source:

Keep the Beat, Delicious Healthy Eating from the National Heart, Lung and Blood Institute