autumn salad

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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

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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