

Apple Cranberry Salad Toss

Rating: ★★★★★

Makes: 8 servings

Enjoy the best of fall flavors with this sweet and tart green salad. Light yet crisp, it's a perfect dish for the autumnal change of weather.

Ingredients

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

Directions

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing; toss to coat. Serve immediately.

USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs
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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	140	
Total Fat	5 g	8%
Protein	2 g	
Carbohydrates	24 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	10 mg	0%