



## Autumn Salad with Cranberries and Walnuts

Seasonal salad with apples, cranberries, walnuts & raspberry vinaigrette

Yield: 6

1-1/2 each	Fresh Unpeeled Apple Slice, 1/4"
3 Tbsp	Lemon Juice
12 oz	Spring Mix Lettuce
3/4 cup	Dried Cranberries
5 Tbsp	Chopped Walnut Halves & Pieces
6 Tbsp	Fat Free Raspberry Vinaigrette



Sprinkle lemon juice on the apple slices to prevent oxidation. Mix the lettuce, cranberries, apples and walnuts in a bowl. Toss the salad ingredients with the raspberry vinaigrette dressing.

**Chef's Note:** A variety of apples can be used in this recipe. Opt for what is local and seasonal for you. Best choice is a crisp, slightly tart apple, like Gravenstein, Fuji, or Gala.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
124.5	1.8	21.9	4.5	0	176.4	2.2	0.4