



## AUTUMN SALAD

Total time: 10 minutes

Serves: 6

### INGREDIENTS:

- 1 Granny Smith apple, rinsed and sliced thinly (with skin)
- 2 Tbsp lemon juice
- 1 bag mixed lettuce greens (or your favorite lettuce) (about 5 C), rinsed
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- ⅓ cup low-fat 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.