



Apple Cranberry Salad Toss

Ingredients

- 1 head of lettuce-your favorite kind (about 10 cups)
- 2 medium apples, sliced
- 1/2 cup walnuts (chopped)
- 1 cup dried cherries
- 1/2 cup green onions (sliced)
- 3/4 vinaigrette dressing

Nutrition Facts

Serving size:	1/8 of recipe
Servings per container:	8
Calories.....	174
Fat.....	10g
Saturated fat.....	1g
Cholesterol.....	0mg
Sodium.....	227mg
Carbohydrate.....	22g
Fiber.....	3g
Protein.....	2g
Calcium.....	30mg
Iron.....	1mg
Potassium.....	206mg

Recipe provided by: *Creative Recipes for Less Familiar USDA Commodities Used by Household Programs*
USDA, Food and Nutrition Service,
Food Distribution Service
myplate.gov/recipes

Directions Wash hands and all food preparation surfaces.

1. Wash lettuce, apple and green onion
2. Toss lettuce, apples, walnuts, cranberries and onions in a large bowl.
3. Add dressing; toss to coat. Serve immediately.
4. Place leftovers in the refrigerator within two hours.

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