

The Granny Smith apples and cranberries used in this recipe can help lower cholesterol and promote healthy blood pressure, which can reduce your risk of heart attacks and strokes. This hearty fall salad brings out the fruit and nut fan in all of us.

Ingredients:

- 1 Granny Smith apple, rinsed and sliced thinly (with skin)
- 2 tablespoons lemon juice
- 1 bag mixed lettuce greens (or your favorite lettuce) (about 5 cups), rinsed
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- 2 tablespoons raspberry vinegar
- 1/3 cup low-fat raspberry vinaigrette dressing

Preparation:

Sprinkle lemon juice on the apple slices. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.

Toss with raspberry vinaigrette dressing to lightly cover the salad and serve.

Yield: 6 servings (serving size: 1 cup)

Nutritional Data Per Serving

- Calories: 138
- Fat: 7 grams (20% of calories)
- Cholesterol: 0 milligrams
- Sodium: 41 milligrams

