

Apple Raisin Tossed Salad

Makes: 8 Servings

Fresh apples add crunch to this refreshing salad. Other ways to use fresh apples: dip slices in peanut butter, bake them, or chop them into stuffing and sauces.

Ingredients

- 1 head of lettuce (chopped, about 10 cups)
- 2 apples (medium, sliced)
- 1/2 cup walnuts (chopped, if you like)
- 1 cup raisins
- 1/2 cup green onions (sliced)
- 3/4 cup light or reduced-fat red wine vinaigrette (or Italian salad dressing)

Directions

1. Toss lettuce, apples, raisins, and onions in large bowl. If using walnuts, add that too.
 2. Add dressing; mix well.
- Serve right away or refrigerate until ready to serve.

Notes

Tips: Use 1 cup dried cranberries in place of the raisins.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder

Nutrition Information	
Nutrients	Amount
Calories	150
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	290 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	32 mg
Iron	0 mg
Potassium	N/A
N/A - data is not available	