# **Apple Cranberry Salad Toss**

Enjoy the best flavors with this sweet and tart green salad. Light yet crisp, it's a perfect dish for any season.

**Makes: 8 Servings** 

Source: U.S. Department of Agriculture, SNAP-Ed Connection, recipe/apple cranberry salad

#### **Ingredients**

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

#### **Directions**

- Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
- 2. Add dressing; toss to coat. Serve immediately.

#### **Utensils Needed**

- · Large bowl
- Measuring cups
- · Cutting knife
- Spoon or cooking tongs for tossing the salad
- Serving bowl or plate
- Fork









### **Nutrition Information**

Serving Size: 1/8 of recipe	
Nutrients	Amount
Calories:	174
Total Fat:	<u>10 g</u>
Saturated Fat:	<u>1 g</u>
Cholesterol:	0 mg
Sodium:	227 mg
Total Carbohydrates:	<u>2 g</u>
Dietary Fiber:	<u>3 g</u>
Total Sugars:	<u>17 g</u>
Added Sugars:	<u>9 g</u>
Protein	2 g
Vitamin D	0 mcg
Calcium	30 mcg
Iron	<u>1 mg</u>
Potassium	206 mg



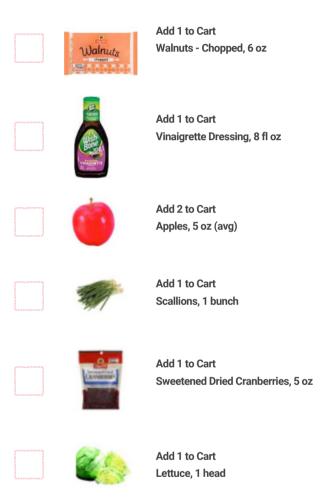
## **SHOPPING LIST**

Average total cost without oil and seasonings: \$11.19 Average cost/serving: \$1.39

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Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## **Ingredients**





# **RECIPE LOG**

## **My Cooking Notes**

