

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](#)



Small Changes,
BIG Difference!

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

1. 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:	10 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	227 mg
Total Carbohydrates:	2 g
Dietary Fiber:	3 g
Total Sugars:	17 g
Added Sugars:	9 g
Protein	2 g
Vitamin D	0 mcg
Calcium	30 mcg
Iron	1 mg
Potassium	206 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$11.19

Average cost/serving: \$1.39

Makes: 8 Servings

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

Ingredients



Add 1 to Cart
Walnuts - Chopped, 6 oz



Add 1 to Cart
Vinaigrette Dressing, 8 fl oz



Add 2 to Cart
Apples, 5 oz (avg)



Add 1 to Cart
Scallions, 1 bunch



Add 1 to Cart
Sweetened Dried Cranberries, 5 oz



Add 1 to Cart
Lettuce, 1 head

My Cooking Notes
