



Apple, Cranberry & Walnut Salad



Ingredients

4 cups salad mix (spring mix is a good option)
1 apple, sliced thin, tossed with a little lemon juice
¼ cup walnuts, roughly chopped
¼ cup crumbled feta cheese
¼ cup dried cranberries

Apple Vinaigrette:

½ cup apple juice
¼ cups apple cider vinegar
1 teaspoon honey
1 pinch salt and black pepper
¼ cup canola oil/olive oil

Directions

1. Top salad greens with apple, walnuts, feta and dried cranberries.
2. Whisk together vinaigrette ingredients.
3. Toss salad with 1 oz apple vinaigrette, or your preferred dressing. (Nutrition facts contain 1.5 oz dressing).

Yields – 4 servings

Calories: 268	Protein: 5 g	Carb: 29 g	Fat: 17 g
Sodium: 218 mg	Fiber: 4 g		

For additional lean protein, chickpeas, baked chicken breast or salmon would be delicious on this salad!