

Apple Almond Crunch Salad

Prep time: 10 minutes

Ready in: 10 minutes

Serving Size: 6 servings

Ingredients:

- 1 package mixed salad greens (10 ounces)
- ½ cup slivered almonds
- ½ cup crumbled feta cheese
- 1 cup tart apple, cored and chopped
- ¼ cup sliced red onion
- ¼ cup golden raisins
- 1 cup raspberry vinaigrette salad dressing



Directions:

1. Combine, in a large bowl, the salad greens, almonds, feta cheese, apple, red onion and raisins.
2. Toss to blend.
3. Top with salad dressing to individual servings.

****Tip:** **Almonds** are packed with nutrients such as fiber, riboflavin, magnesium, iron, vitamin E and calcium. One serving (about 7 almonds) has more calcium than any other type of nut. Almonds are also good for your heart, filled with monounsaturated fat which is a healthier type of fat that may help lower blood cholesterol levels.

Vinaigrette dressings have nutritional advantage over creamy dressings. Using oil-and-vinegar dressings frequently have shown to help lower risks for fatal coronary artery disease. These dressings are a great source for monounsaturated especially if they are made with canola or olive oil. Canola oil provides omega-3 fatty acids as well which a great fats for brain health.

Nutrition Facts (per serving):

Calories: 178

Fat: 10g

Cholesterol: 11mg

Sodium: 275mg

Carbohydrate: 18mg

Fiber: 2g

Sugar: 12g

Protein: 4g

Attributed from allrecipes.com; Modified by Emily Madden; 2013 Dietetic Student
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