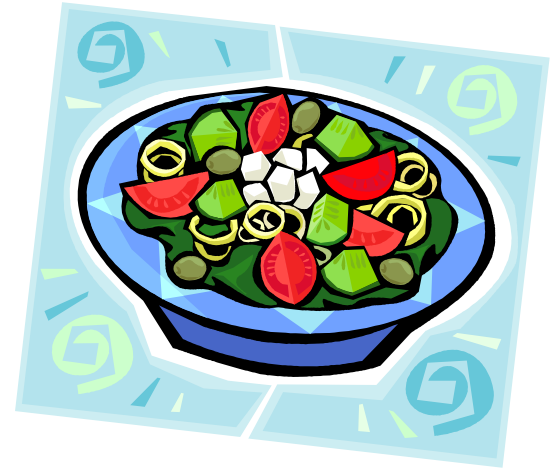


Apple Raisin Tossed Salad

Serving Size: 8 servings

Ingredients:

- 1 head of lettuce
- 2 medium apples, chopped (about 10 cups)
- ½ cup walnuts, sliced
- 1 cup raisins, chopped (if you'd like)
- ½ cup green onions, sliced
- ¾ cup light or reduced-fat red wine vinaigrette (or Italian dressing)



Directions:

1. Toss lettuce, apples, raisins and onions in a large mixing bowl. If you are using walnuts, add those in as well.
2. Add the vinaigrette (or dressing if that's what you are using)
3. Mix well. Serve right away or refrigerate until ready to serve.

Raisins: As part of a daily diet, raisins provide essential nutrients, soluble and insoluble fibers for supporting colon health and function, and phytochemicals to protect from oxidative stress and cancer.

Walnuts: Walnuts contain 15.9g of unsaturated or “good” fat that our body needs and can help lower bad cholesterol levels. They also contain fiber, vitamin E which helps to prevent plaque growth in the arteries, plant sterols which help to lower cholesterol and omega-3 fatty acids, great for your brain and heart.

Nutrition Facts (per serving):

Calories: 150

Fat: 8g

Cholesterol: 0mg

Sodium: 290 mg

Carbohydrate: 20g

Fiber: 3g

Sugar: 15g

Protein: 2g

Attributed to the USDA at recipefinder.nal.usda.gov
Modified by Emily Madden; 2013 Dietetic Student

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