



Lettuce with Green Apple, Walnuts, and Dried Cranberries



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving: :
calories 210, calories from fat 130,
total fat 15g, saturated fat 2.5g,
trans fat 0g, cholesterol 5mg,
sodium 50mg, total carbohydrate
18g, dietary fiber 2g, sugars 14g,
**protein 4g, vitamin A 20%, vitamin
C 10%, calcium 10%, iron 4%**

Dressing

- 2 tsp fresh lemon juice
- 1/2 cup (4 1/4 fl oz) vanilla or plain low fat yogurt
- 1/4 tsp curry powder
- 1/2 to 1 tsp sugar
- 2 1/2 Tbsp extra-virgin olive oil
- Salt and black pepper (not included in nutritional analysis)

Salad

- 1 green apple halved, cored & thinly sliced
- 1/4 cup Food Club walnuts, toasted and roughly chopped
- 1/3 cup dried sweetened cranberries
- 1 pkg. (5 oz) Dole Spring Mix salad greens

DIRECTIONS:

1. Mix lemon juice, yogurt, curry powder & sugar in a small bowl. Whisk in olive oil, and season with salt & pepper.
2. Combine apple slices, walnuts, cranberries & salad greens in a large bowl. Add yogurt dressing; toss to coat.

Source: Dole

Tip: Sliced or shredded chicken is a great addition to this salad for a main dish meal. Nutritional analysis does not include addition of meat.

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