



Apple Salad Toss

Total Calories
140

Total Fat
13g

Protein
1g

Carbohydrates
9g

Saturated Fat
2g

Sodium
8mg

Apple Salad Toss

Servings: 8
Serving Size: About
1.5 cups

INGREDIENTS

- 1 head of lettuce (about 10 cups)
- 2 apples (medium, chopped)
- 1/2 cup green or red onion
- 3/4 cup vinaigrette dressing

DIRECTIONS

1. Toss lettuce, apples, and onions in a large bowl.
2. Add dressing; toss to coat. Serve immediately.

TIP

Try adding nuts (like walnuts or almonds), dried fruit (like cranberries) or cheese (like blue cheese or feta) for a tasty addition to this salad. Eat this salad as a side or serve with grilled chicken for a more complete meal. To make a simple vinaigrette dressing at home, add 1 part vinegar to 3 parts oil and season to taste (salt, pepper, herbs, garlic, Dijon mustard).

