

RECIPE

MAIN DISH SALAD

- **2 heads of romaine lettuce, chopped**
 - **2 medium apples, sliced**
 - **½ cup walnuts, chopped**
 - **1 cup dried cranberries**
 - **½ cup green onion, sliced**
 - **¾ cup vinaigrette dressing**
- 1.** Toss lettuce, apples, walnuts, cranberries and onion in large bowl.
 - 2.** Add dressing: toss to coat. Serve immediately.

Number of Servings: 12

Serving Size: 1 cup

Nutrition Facts per serving: 140 calories,
5 g total fat, 0 g saturated fat, 0 g trans fat,
0 mg cholesterol, 10 mg sodium, 24 g carbohydrate,
3 g dietary fiber, 19 g sugar, 2 g protein.

Source: What's Cooking? USDA Mixing Bowl