Apple Cranberry Walnut Salad

Ingredients:

- 6 cups salad, arugula, baby spinach, or spring green mix
- 1 red apple
- 1 green apple
- 1 cup walnuts, roughly chopped
- 1/3 cup crumbled feta cheese
- 1/3 cup dried cranberries

Dressing

- 1 cup apple juice
- 4 tablespoons apple cider vinegar or white vinegar in a pinch
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup oil

Directions

1. Core and chop apples into thin slices or 1-inch chunks. Toss lettuce, apples, walnuts, feta, and cranberries together in a large bowl.
2. Whisk together all dressing ingredients. Toss with salad immediately before serving. Enjoy!

Nutrition Facts

Serving Size (194g)
Servings Per Container 6

Amount Per Serving

Calories 330 Calories from Fat 210

	% Daily Value*
Total Fat 23g	**35%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 4g	**16%**
Sugars 20g	
Protein 6g	

Vitamin A 60% • Vitamin C 35%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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