



## Apple, Cranberry & Walnut Salad

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### Directions:

1. Top salad greens with apple, walnuts, feta and dried cranberries.
2. Whisk together vinaigrette ingredients.
3. Toss salad with 1 oz apple vinaigrette, or your preferred dressing.

*(Nutrition facts contain 1.5 oz dressing).*

### Ingredients:

4 cups salad mix (spring mix is a good option)  
1 apple, sliced thin, tossed with a little lemon juice  
1/4 cup walnuts, roughly chopped  
1/4 cup crumbled feta cheese  
1/4 cup dried cranberries

#### *Apple Vinaigrette:*

1/2 cup apple juice  
1/4 cups apple cider vinegar  
1 teaspoon honey  
1 pinch salt and black pepper 1/4cup canola oil/olive oil

**Yield:** 2 servings

**Time:** 20 minutes

*For additional lean protein, chickpeas, baked chicken breast or salmon would be delicious on this salad!*