Fruit and nuts make this salad a fun starter or side to most main-dish meals, and it can be served year round!

**Directions**

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with raspberry vinaigrette dressing, to lightly cover the salad, and serve.

**Ingredients**

- 1 Granny Smith apple, rinsed and sliced thinly (with skin)
- 2 Tbsp lemon juice
- 1 bag mixed lettuce greens (or your favorite lettuce) (about 5 C), rinsed
- 1/2 C dried cranberries
- 1/4 C walnuts, chopped
- 1/4 C unsalted sunflower seeds
- 1/3 C low-fat raspberry vinaigrette dressing

**Nutritional Information**

- Calories 138
- Total fat 7 g
- Saturated fat 1 g
- Cholesterol 0 mg
- Sodium 41 mg
- Total fiber 3 g
- Protein 3 g
- Carbohydrates 19 g
- Potassium 230 g

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