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Autumn Salad

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

- 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.

Makes 6 Servings