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Tossed Salad with Apple Cider Dressing

Apple Cider Dressing:

- 1/4 Cup frozen (thawed) apple juice concentrate (from 12-oz can)
- 2 Tbsp chopped fresh parsley or 2 teaspoons parsley flakes
- 2 Tbsp finely shredded apples
- 3 Tbsp reduced-fat sour cream
- 3 Tbsp water
- 2 Tbsp cider vinegar
- 1 Tbsp Dijon mustard
- 1/4 Tsp salt
- 1/8 Tsp pepper

Salad:

- 2 Cups torn romaine lettuce
- 2 Cups torn fresh spinach
- 1 Cup torn iceberg lettuce
- 1 Medium zucchini, shredded (1 cup)
- 2 Oz chopped fresh mushrooms (1/2 cup)
- 8 Medium radishes, chopped (1/2 cup)
- 1 Small red bell pepper, chopped (1/2 cup)

- 1) In large bowl, mix all dressing ingredients with wire whisk or fork until well blended.
- 2) Add salad ingredients; toss.

Makes 6 Servings

