



Autumn Apple Salad

Makes 6 servings

Ingredients:

- Mixed leafy lettuce greens
- 1 Granny Smith apple
- 1 Gala apple (or red apple of your choice)
- Dried cranberries
- Cashew halves & pieces
- Lemon Poppyseed dressing (see recipe below)

Directions: Remember to wash your hands.

1. Rinse and drain lettuce greens and place in servings bowl.
2. Dice apples (may only need about $\frac{1}{2}$ of each depending on the amount of lettuce you use) and add to lettuce. Toss in about $\frac{1}{4}$ cup dried cranberries and $\frac{1}{4}$ cup cashews.
3. Drizzle with Lemon Poppy seed dressing and serve immediately.

Lemon Poppyseed dressing:

- Juice from 1 large lemon (and a little bit of zest for extra flavor, if desired)
- 2 tablespoons canola oil
- 1 tablespoon white wine vinegar (or white distilled vinegar)
- $\frac{1}{4}$ cup sugar
- 1 tablespoon poppy seeds

Place all ingredients in a dressing shaker (or a zip-top bag). Shake well. Refrigerate until ready to add to lettuce salad. (It refrigerates and keeps well for up to 2 weeks. May be "stretched" by adding more lemon juice, if needed.)

Nutrition Facts per serving: Calories - 173; Fat - 7 g; Sodium - 3 mg; Carbohydrate - 27 g.
Source: Julene DeRouche

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