

## Thanksgiving Salad

Number of Servings: 4 (281.9 grams per serving)

Weight: 1127.5 g

Preparation Time: 15 mins  
Pan Size: Large Bowl

Cook Time: none!  
Cook Method: Cutting

Cook Temperature: not applicable

Amount	Measure	Ingredient	Comments
1.00	whole	lettuce, iceberg, fresh	
2.00	ea	apple, fresh, medium, 3"	Great source of insoluble fiber to help the digestion!
1/2	cup	walnuts, English, dried, halves	Omega-3 content in nuts can help brain function. Chop if desired.
1/2	cup	Cranberries or Craisins, dried, sweetened	
1/2	cup	green onion, fresh, tops & bulb	Discard the white area and roots section, cut in small slices
1/4	cup	salad dressing, vinaigrette, balsamic	

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>1 cup (282g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
% Daily Value*	
<b>Total Fat</b> 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 6g	21%
Total Sugars 29g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 197mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



### Instructions

1. Wash and cut the apples (having an apple cutter helps). Wash and slice the lettuce.
2. Toss the lettuce, apples, walnuts, cranberries, onions and dressing in a large bowl and mix with tongs. Serve immediately or keep refrigerated until serving time.  
Estimated recipe cost: \$7.60 (\$1.90 a serving)