



# Apple Cranberry Walnut Salad

SERVING: 1  
YIELD: 4

PREP TIME: 15 MIN  
TOTAL TIME: 15 MIN

## Ingredients

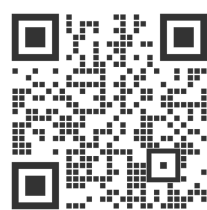
- 6 cups Salad Greens - ( combination of arugula and baby spinach, any spring green mix will do)
- 1 medium Honeycrisp Apple
- 1 medium Green Apple
- 1/2 cup Walnuts - roughly chopped, (such as Diamond of California), divided
- 1/2 cup Crumbled Feta Cheese, divided
- 1/2 cup Dried Cranberries, divided

### Dressing

- 1/2 cup Orange Juice w/pulp
- 2 tbsp Apple Cider Vinegar - (or white vinegar in a pinch)
- 1 tbsp Honey
- 3 tbsp Extra Virgin Olive Oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/8 tsp Smoked Paprika

## Directions

1. Core and chop apples (thin slices or 1 inch chunks). Toss lettuce and apples together in a large bowl.
2. In a separate container, whisk together all dressing ingredients.
3. Separate lettuce mixture into 4 bowls (about 2 cups each). Top each salad with 1 tbsp of walnuts, feta cheese, and cranberries. Toss with salad immediately before serving. Enjoy!



\*Cost information includes lower cost ingredients found at local grocery store 01/06/23.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>(0.0g)</b>
Amount Per Serving	
Calories	160
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 13g	
Includes <1g Added Sugars	<b>2%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 120mg	8%
Iron 2.1mg	10%
Potassium 10mg	0%
* The % Daily Value (DV) 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.	

## Apple Cranberry Walnut Salad Dressing

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>2 Tbsp (0.0g)</b>
Amount Per Serving	
Calories	80
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 30mg	0%
* The % Daily Value (DV) 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.	

Cost Per Recipe	Cost Per Serving
\$10.33	\$2.58

# Make Your Own Salad Dressing



Homemade salad dressing is a quick, healthy, and cheap alternative to bottled dressing. Homemade dressings tend to be lower in sodium, sugar, and preservatives. Simple dressings take minutes to make and use only a few ingredients.

## Getting Started

Most dressings need a fat, an acid, and seasoning. Examples of each are found below:

- **Fat:** Oil, pasteurized egg, mayonnaise, sour cream, or cheese
- **Acid:** Lemon, lime, or orange juice, or any type of vinegar
- **Seasoning:** Garlic powder; mustard; salt; pepper; oregano, parsley, chives, and other herbs; or spices like curry powder, paprika, or celery seed

### Equipment

- Measuring cups and spoons
- Mixing bowl or jar with lid
- Whisk

Keep portions of salad dressing to 2 tablespoons per serving to manage calories. You can refrigerate dressing in a sealed, airtight container (like a jar) for up to 7 days.

## How to Make Salad Dressing

Use these easy steps for most salad dressing recipes:

1. Measure out the ingredients.
2. Whisk all ingredients, except the fat, in a medium-size bowl. Slowly pour in the fat while whisking the ingredients together.
3. Unless the recipe states otherwise, the dressing is ready to use on salad or other dishes.

You can also make salad dressing using a jar with a screw-top lid. Add all of your ingredients to the jar, including the fat. Tightly screw on the lid. Shake the jar until all of the ingredients are well combined. Your kids can even help with this!

### Recipe Ideas

- **Lemon Vinaigrette:** Squeeze the juice of 1 lemon into a bowl. Remove any seeds. Add salt and pepper to taste and whisk well to combine. Slowly whisk in  $\frac{1}{4}$  cup extra virgin olive oil. Makes 2 servings.
- **Balsamic Vinaigrette:** Finely chop 1 clove peeled garlic. In a medium-size bowl, whisk together  $\frac{1}{4}$  cup balsamic vinegar, 1 teaspoon honey, and salt and pepper to taste. Add the garlic to the bowl and whisk well to combine. Continue to whisk while slowly adding  $\frac{1}{2}$  cup extra virgin olive oil. Makes 6 servings.
- **Honey-Mustard Dressing:** Add  $\frac{1}{4}$  cup honey,  $\frac{1}{4}$  cup Dijon mustard,  $\frac{1}{4}$  cup reduced-fat plain Greek yogurt, and  $\frac{1}{8}$  teaspoon kosher salt to a medium-size bowl. Whisk well to combine. Add pepper to taste. Makes 6 servings.

### Tips

- Add  $\frac{1}{4}$ – $\frac{1}{2}$  teaspoon Dijon mustard to salad dressings so the oil and vinegar won't separate.
- When making creamy dressings, use low-fat or fat-free Greek yogurt or reduced-fat sour cream instead of mayonnaise or sour cream. This can help lower the calories.
- Use homemade dressing as a marinade for chicken or vegetables.

