



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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"Green Giant" Fruit and Lettuce Salad

Makes: 24 or 48 Servings

Ingredients	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Granny Smith apple, sliced		6		12
Lemon juice		1/4 cup		1/2 cup
Mixed lettuce greens		8 cups		16 cups
Sunflower seeds, unsalted		1/2 cup		1 cup
Raisins		1 cup		2 cups
Raspberry vinaigrette dressing, low-fat		1 cup		2 cups
Walnuts, chopped		1/2 cup		1 cup

Directions

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, apples, sunflower seeds, walnuts, and raisins (optional) in a bowl.
3. Toss with raspberry vinaigrette dressing to coat.

Notes

Serving Tips:

Mixing fruits and vegetables gives salads a sweeter taste and more variety than veggies alone. Try adding more fruits or vegetables, if you have them, to add color and flavor!

My Notes

Source: Improving Nutrition and Physical Activity Quality in Delaware Child Care. Recipe adapted from Heart Healthy Home Cooking African American Style - With Every Heartbeat is Life. National Heart, Lung, and Blood Institute; 2008.

Nutrition Information

Nutrients	Amount
Calories	44
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	29 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available