

Tossed Apple Salad

Makes 4 Servings

Ingredients

1/2 10 ounce bag of romaine lettuce
1 cup diced red apples
1/3 cup fat free balsamic vinaigrette

Directions:

1. Combine all ingredients in a bowl. Toss and serve.

Calories 50, Calories from Fat 0, Total Fat 0g 0%, Saturated Fat 0g 0%, Trans Fat 0g, Cholesterol 0mg 0%, Sodium 120mg 5%, Total Carbohydrate 12g 4%, Sugars 9g, Protein 1g, Vitamin A 80%, Vitamin C 20%, Calcium 2%, Iron 2%

Family Conversation Starter:

What is your favorite vacation memory?



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