

Leafy Green Salad with Apple Dressing

Just Say Yes to Fruits and Vegetables

Adding fruit to your salads spices them up, adding freshness and flavor!



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Serves 6 ▪ Serving: 2 cups

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To prepare your greens, wash the leaves well and trim the leaves from the stem.

Ingredients:

- 2 apples
- 12 cups sliced leafy greens (kale, mustard greens, spinach)
- 2 tablespoons apple cider vinegar
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Salt and pepper, to taste

Directions:

1. Core and chop 1 apple and add to a large bowl. Add greens.
2. To make dressing: shred 1 apple on the smallest holes of a box grater into a small bowl. Add vinegar, lemon juice, and oil.
3. Add dressing to greens, mix well with hands. Add salt and pepper to taste.
4. Serve and enjoy!
5. Refrigerate leftovers.