**Autumn Greens with Cinnamon Vinaigrette**

*Salad*
8 cups assorted salad greens
2 apples, sliced, or 1 cup dried apple pieces
½ cup craisins
¼ cup toasted* walnuts, coarsely chopped

In medium bowl, combine above ingredients. Set aside.

*To toast walnuts, preheat oven to 250°F. Spread walnuts in a single layer on a small baking pan. Bake for 15 minutes, stirring halfway through.*

Yield: 6 servings

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**Cinnamon Vinaigrette:**
2 tbsp sugar
¼ tsp dry mustard
¼ tsp cinnamon
2 tbsp apple cider vinegar
¼ cup canola oil

1. In a small bowl, combine sugar, mustard, cinnamon, and vinegar.
2. Whisk in canola oil slowly and blend well.
3. Drizzle vinaigrette over the salad just before serving. Toss gently.

**Nutrient Value (1/6 of recipe)**
Calories: 204
Carbohydrate: 24 g
Protein: 2 g
Saturated Fat: 1 g
Fiber: 4 g