

LOOSE-LEAF GREEN LETTUCE SALAD WITH APPLE CIDER VINEGAR DRESSING

Makes 4 servings.

Per Serving (about 1 Tbsp.): about 90 calories, 9 grams (g) of fat, 3 g of carbohydrate, 0 g of protein and 0 milligrams of sodium. The nutrition information of the overall salad will vary depending on your added ingredients.

2 tsp. mild-flavored vegetable oil, such as canola oil or sunflower oil

1 tsp. apple cider vinegar

1/2 tsp. sugar

2 c. loose-leaf lettuce, rinsed thoroughly and drained

Optional add-ins: sliced radishes, finely sliced apples, mandarin oranges, cranberries, chopped pecans

Whisk oil, vinegar and sugar together in small bowl.
