



*Fresh fruits and veggies provide the foundation for a healthy diet. Try Mayo Clinic's apple and lettuce salad for a light lunch. Simply add grilled chicken for a more filling meal.*

*Recipe from:  
Mayo Clinic Diet  
[mayoclinic.org](http://mayoclinic.org)*

**SAN DIEGO**  
**HOME/GARDEN**  
LIFESTYLES



# Apple Lettuce Salad

Serves 6

1/4 c. unsweetened apple juice

2 T. lemon juice

1 T. canola oil

2 1/4 t. brown sugar

1/2 t. Dijon mustard

1/4 t. apple-pie spice

1 medium red apple, chopped

6 cups spring-mix salad greens

Mix the apple juice, lemon juice, oil, brown sugar, mustard and apple-pie spice in a large salad bowl. Add the apple and toss to coat. Just before serving, add the salad greens and toss to mix.

**SAN DIEGO**  
**HOME/GARDEN**  
LIFESTYLES

