

# LEAFY GREEN SALAD WITH APPLE DRESSING

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



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*Just Say Yes*  
To Fruits & Vegetables  
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**FIDELIS CARE**

# LEAFY GREEN SALAD WITH APPLE DRESSING

**SERVES 6 • SERVING: 2 CUPS**

*Just Say Yes*  
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## 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.
3. Add vinegar, lemon juice, and oil.
4. Add dressing to greens, mix well with hands. Add salt and pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

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