

KIDNEY-FRIENDLY & HEART-HEALTHY

Apple Walnut Salad

Makes 4 servings



INGREDIENTS

- 4 cups arugula**
- 4 cups green or red leaf lettuce**
- 1 medium apple, thinly sliced**
- 2 Tbsp dried cranberries**
- 2 Tbsp feta cheese**
- 2 Tbsp chopped walnuts**

INGREDIENTS FOR DRESSING

- 1 Tbsp olive oil**
- 1/2 Tbsp apple cider vinegar**
- 1 tsp lemon juice**
- 1 tsp honey**
- 1/4 tsp black pepper**

DIRECTIONS

In a large bowl add arugula, lettuce, apple slices, dried cranberries, feta cheese and walnuts.

Prepare dressing. In a small bowl add oil, vinegar, lemon juice, honey, and pepper. Whisk until well combined.

Pour dressing over salad mix. Toss well to combine.

Transfer into small bowls.

Enjoy!

Nutrition Facts Per Serving (2 cups)	Calories	129
	Carbohydrates	14 g
	Protein	3 g
	Total Fat	8 g
	Phosphorus	64 mg
	Potassium	213 mg
	Sodium	104 mg

The recipes contained here are for educational purposes to promote a healthy diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your health condition, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.