Fall Harvest Salad

5 cups torn leaf lettuce  
2 ½ cups spinach leaves  
1 medium red apple, chopped  
1 medium pear, chopped

4 teaspoons lemon juice  
¼ cup dried cranberries  
¼ cup feta cheese crumbles  
½ cup chopped walnuts

Dressing:  
2 ½ tablespoons olive oil  
2 tablespoons balsamic vinegar  
1 ½ teaspoons Dijon mustard  
2 teaspoons Kentucky honey  
½ teaspoon salt

Combine leaf lettuce and spinach leaves in a large salad bowl. Mix apples and pears with lemon juice in a small bowl and add to lettuce mixture. Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat.

Sprinkle salad with cranberries, feta cheese and walnuts. Serve immediately.

Yield: 8, 1 cup servings

Nutritional Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Kentucky Lettuce

SEASON: Early to late spring and August to November.

NUTRITION FACTS: Lettuces have 5 to 15 calories per cup depending on variety. Lettuce provides vitamin A, vitamin C, calcium and iron.

SELECTION: Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

STORAGE: Store washed and dried lettuce in a plastic bag in the refrigerator for 3 to 5 days, depending on the variety.

PREPARATION: Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

Source: www.fruitsandveggiesmatter.gov