

Harvest Salad



2 C mixed greens
1 small apple, diced
¼ C dried cranberries
¼ C chopped walnuts
¼ C crumbled feta
2T olive oil
1T balsamic vinegar
1t honey
Salt & pepper

1. In a large bowl, toss together the greens, apple, cranberries, nuts, and feta.
2. In a small bowl or jar, whisk together olive oil, balsamic vinegar, honey, salt, and pepper.
3. Drizzle the dressing over the salad, toss gently, and serve immediately.

Tip: Add grilled chicken or salmon on top for extra protein.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 City Hall is Closed 	2 Steps to improve your cholesterol: Eat more fish and cut back on red meat.	3	4	5 National Food Bank Day Donate to the TFR EMS Prevention Pantry 205-248-5436	6 LA Monroe @ UA  Ball State @ AU
7 Steps to improve your cholesterol: Increase your physical activity by taking a walk on lunch	8 World Physical Therapy Day 	9	10 National Suicide Prevention Day 	11  ★ NEVER FORGET ★ PATRIOT DAY	12 Steps to improve your cholesterol: Lose weight Small changes can give big results	13 Wisconsin @ UA  S. Alabama @ AU
14	15 National Construction Appreciation Week 	16 National IT Professionals Day! 	17	18 Steps to improve your cholesterol: Drink alcohol only in moderation	19	20  AU @ Oklahoma
21	22 First Day of Autumn 	23	24	25 World Lung Day A cough lasting 8 weeks or more is an early warning sign of lung disease 	26 Happy HR PROFESSIONAL Day	27 UA @ Georgia  AU @ Texas A&M
28	29  WORLD HEART DAY 29 SEP In the US, 43,000 people die in auto accidents each year. Cardiovascular disease kills over 647,000. 	30 Steps to improve your cholesterol: Eat more fish and cut back on red meat.	We think The City of Tuscaloosa has the best Farmers Market.... We should let everyone know about it! Visit markets.farmland.org and vote Tuscaloosa River Market as Alabama's Best Farmers Market.			