

WALNUT APPLE SALAD

SERVES 6

½ cup walnut pieces
1 tablespoon honey
1½ lbs. fresh spring mix salad
2.5 ounces crumbled goat cheese
½ cup raisins
1 apple, chopped

Dressing:

1 tablespoon olive oil
1 tablespoon honey
2 tablespoons red wine vinegar
2 tablespoons cranberry juice
2 tablespoons Dijon mustard

1. Preheat oven 325° F. Coat walnuts with honey and place in baking pan. Bake for 10 minutes. Cool.

2. Combine spring mix, goat cheese, raisins, and apple in salad bowl.

3. Mix dressing ingredients together in a bowl with wire whisk. Toss dressing with salad ingredients and top with walnuts.

Nutrition Facts per Serving: Calories: 220, Total Fat: 10g, Sat Fat: 2.5g, Cholesterol: 5mg, Sodium: 396 mg, Total Carbohydrates: 31g, Fiber: 5g, Protein: 6g

