WALNUT APPLE SALAD
SERVES 6

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

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

2. Combine spring mix, goat cheese, craisins, 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