

What's Cooking?

Recipe

Mixed Greens with Apples and Cranberries with Cranberry Vinaigrette

Recipe from Too Hot in the Kitchen by Holly Clegg

Tart apples, sweet cranberries, and toasted walnuts with a slightly sweet rich vinaigrette make this a quick toss together special salad.

Makes 6 servings

Ingredients for Salad

1 cup sliced tart apples
½ cup thinly sliced red onion
1/3 cup dried cranberries
1/3 cup chopped walnuts, toasted
6 cups mixed greens
¼ cup crumbled reduced-fat feta cheese
Cranberry Vinaigrette (see recipe)

Ingredients for Cranberry Vinaigrette

1 tablespoon honey
2 tablespoons cranberry cocktail juice
1/3 cup balsamic vinegar
1 teaspoon Dijon mustard
1 tablespoon olive oil
Salt and pepper to taste
2 tablespoons nonfat sour cream

Preparation

- 1) In bowl, combine apples, onion, cranberries, walnuts, and mixed greens.
- 2) In small bowl, whisk together honey, cranberry juice, vinegar, mustard, oil, and season to taste. Whisk in sour cream.
- 3) Toss salad with feta and Cranberry Vinaigrette.

Nutrition Information per serving: 149 calories, 7 g fat, 1 g saturated fat, 3 mg cholesterol, 118 mg sodium, 19 g carbohydrates, 2 g fiber, 15 g sugar, 4 g protein