**French Sorrel Salad with Wild Blackberry Balsamic Vinaigrette**

**Serving size:** 1/4th of recipe  
**Serves:** 4

**Ingredients:**

**Wild Blackberry Balsamic Vinaigrette**

- 1 tablespoons balsamic vinegar
- ¼ cup extra virgin olive oil
- ½ tablespoon honey
- dash of salt
- dash of black pepper
- 3 tablespoons water
- 4 rosemary leaves, stemmed and chopped
- ¼ cup wild blackberries (may use frozen)

Yield: ½ cup dressing

**French Sorrel Salad**

- 1 cup French sorrel
- 1 cup Swiss chard
- 1 cup romaine lettuce
- 2 ounces goat cheese
- ½ cup fresh blackberries (may substitute roasted beets)
- 1/3 cup walnuts

**Directions:**

In a medium mixing bowl, whisk together the vinegar, oil, honey, salt, pepper, water and rosemary. Stir in the blackberries.

In a large salad bowl, combine the greens. In a smaller bowl combine the cheese, blackberries and walnuts. Gently stir the berry mixture into the greens.

Toss the salad with the vinaigrette and serve immediately.

**Nutrition Tip:** To reduce the calories of this salad, use half the dressing or serve it on the side.

**Exchanges per serving:**

- 2 Vegetables, 5 Fats

**Nutrients per serving:**

- Calories: 269  
- Calories from fat: 213  
- Total Fat: 24g  
- Cholesterol: 11mg  
- Sodium: 120 mg  
- Total Carbohydrate: 8g  
- Dietary Fiber: 2g  
- Protein: 6g