

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