

## Mixed Green Salad in a Fresh Cranberry Dressing

Serving Size: one sixth of recipe

Serves: 4

### Ingredients

¼ cup extra virgin olive oil  
Juice of 2 fresh Valencia oranges  
1 clove garlic, minced  
Dash of salt  
ground black pepper to taste  
¼ cup dried cranberries  
¼ cup walnuts, diced  
4 green onions, sliced  
1 small red apple, diced  
4 cups mixed salad greens

### Directions

Combine the oil, orange juice, garlic, salt and pepper in a medium bowl.  
Add the cranberries, walnuts, onions and apple, gently stirring to distribute the dressing.  
Divide your mixed greens into chilled salad bowls.  
Lightly drizzle the dressing over the greens and serve immediately.

*This simple but elegant salad is all about the dressing. The fresh ingredients are a perfect balance of flavor and become a rich raiment for the fresh greens.*

### Exchanges per serving:

2 Vegetables, ½ Fruit, 3 Fats

### Nutrients per serving:

Calories: 234  
Calories from fat: 171  
Total Fat: 19g  
Cholesterol: 0mg  
Sodium: 55mg  
Carbohydrate: 18g  
Dietary Fiber: 3g  
Protein: 2g