

Salad Greens with Radicchio and Fennel

Serving size: 1/7 of recipe

Serves: 7

½ cup chopped dried cranberries
2-3 tablespoons fresh lemon juice
1 clove minced garlic
Pinch of salt
Pinch of coarse black pepper
1/3 cup extra virgin olive oil
5 cups salad greens, rinsed
1 bulb fennel - trimmed, cored and thinly sliced
1 small head radicchio, cored and chopped
1/3 cup pecan halves, toasted

In a small mixing bowl, combine the cranberries, lemon juice, garlic, salt and pepper. Whisk in the olive oil.

In a large salad bowl, combine the greens, fennel, radicchio and pecans. Stir the vinaigrette and pour over salad. Toss well and serve at once.

Exchanges per serving

2 Vegetables, 3 Fats

Nutrients per serving

Calories: 156

Calories from fat: 126

Total Fat: 14g

Cholesterol: 0mg

Total Carbohydrate: 9g

Sodium: 42mg

Dietary Fiber: 2g

Protein: 1g