

Spring Green Mix with Berry Vinaigrette

Serving Size: 2 tablespoons dressing on 1cup greens

Serves: 8

Ingredients

1 cup fresh raspberries or thawed frozen unsweetened raspberries divided ½ cup and ½ cup
2 tablespoons Dijon mustard
2-4 packets Splenda artificial sweetener
4 tablespoons cider vinegar
2 tablespoons fresh parsley
2 teaspoons fresh thyme or 1 teaspoon dry
2 teaspoons fresh oregano or 1 teaspoon dry
Pinch of salt and pepper
4 tablespoons extra virgin olive oil
8 cups mixed salad greens

Directions

Reserve ½ cup of berries for the salad. Whisk the remaining ½ cup raspberries to release the juice. Stir in the mustard, sweetener, vinegar, herbs, salt and pepper. Mix well. Add the oil little by little stirring to mix.

Refrigerate. Shake well before serving over salad greens. Garnish with the reserved fresh berries.

Exchanges per serving:

1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 79

Calories from fat: 62

Total Fat: 7g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 66mg

Carbohydrate: 4g

Dietary Fiber: 2g

Protein: 1g