

Cranberries, Walnuts and Crumbled Cheese over Greens



Makes 2 servings

Dressing Ingredients:

- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- ½ tsp Dijon mustard
- 1 garlic clove, minced
- ¼ tsp soy sauce
- Salt and freshly ground black pepper (optional)

Salad Ingredients:

- 3 C packed mixed mesclun or spring greens
- ¼ C dried cranberries
- ¼ C walnut halves, raw or pan-roasted
- ¼ C (1 ounce) crumbled farmer's cheese

1. Combine oil, vinegar, mustard, garlic and soy sauce; mix well.
2. Toss greens with dressing, cranberries and walnuts.
3. Arrange on serving plates; top with cheese.



NUTRITIONAL INFORMATION (PER SERVING):

Calories: 304	Protein: 10g
Total Fat: 22.7g	Sodium: 183mg
Saturated Fat: 3g	Calcium: 146mg
Fiber: 4.7g	Magnesium: 57mg
Carbohydrates: 19.6g	Potassium: 391mg
Sugar: 11.9g	

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