

Fall Harvest Salad



SERVES 8

This nutritious salad is full of tasty fruits and vegetables, which encourages healthy eating. Each serving supplies two carb servings so you can add another carb serving such as 1/2 cup rice or 1 slice bread to your meal.

Nutrition Information

Amount Per Serving:

277 calories, 18g fat, 27g carbohydrates, 10g fiber

Individual Serving Size:

8 oz. harvest salad

Ingredients

Salad

- 1 head Napa Cabbage, chopped thin
- 2 heads frisee lettuce
- 1 bulb fennel, sliced thin and placed in acidulated water to prevent oxidation
- 1 pint Brussels sprouts, leaves separated
- 1 Red Delicious apple, sliced
- 1 Bartlett pear, sliced
- 2 tbsp. chives, cut in 1 inch batons
- 2 tbsp. parsley leaves
- 1/2 cup walnuts

Dressing

- 1 lemon, juiced
- 1/4 cup sherry vinegar
- 1 tbsp. Dijon mustard
- 1 tbsp. chopped shallots
- 1 tsp. honey
- 1/2 cup grape seed or canola oil
- Salt and pepper to taste

Directions

Combine all ingredients, dress and serve.