



Cherry, Apple and Walnut Salad



Makes 4 servings

Ingredients:

- 1 Lb. mixed greens, washed and dried
- 3 Tbsp. chopped walnuts
- 1 Apple, chopped
- 1/4 Cup dried cherries or dried cranberries
- 1 Small clove garlic, minced
- 2 Tsp. balsamic vinegar
- 1 1/2 Tbsp. olive oil
- Pepper to taste.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010

Preparation:

Combine mixed greens, walnuts, apples, and cranberries in a salad bowl. Combine remaining ingredients in a jar with a tight fitting lid and shake vigorously. Pour dressing over salad.

Nutritional information for 1 cup serving:

Calories 145,
Fat 6 gm, (from olive oil and walnuts), Fiber 4 gm,
Cholesterol 0 mg,
Sodium 2 mg.



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