



Strawberry & Greens Salad



Ingredients:

- 3 Tbs. white wine vinegar
- 3 Tbs. water
- 1 Tbs. honey
- 2 Tsp. extra-virgin olive oil
- 1/8 Tsp. salt
- 1/8 Tsp. pepper
- 3 Cups quartered strawberries
- 1 (10 oz.) Bag Italian-blend salad greens (about 6 cups)
- 4 Tsp. toasted pine nuts or almond.

Make 4 serving

Preparation:

Combine first 6 ingredients, and stir well with a whisk.
Combine strawberries and greens. Add vinegar mixture, toss to coat. Sprinkle with nuts, or almonds.

Nutritional information for 1 serving of 2 cups:

*Calories 98, Fat 4.5 gm,
Saturated fat 0 gm,
Cholesterol 0 mg,
Fiber 3.5 gm.*

Source: cookinglight.com.

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



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