

Autumn Greens with Cinnamon Vinaigrette

Salad

8 cups assorted salad greens
2 apples, sliced, or 1 cup dried apple pieces
½ cup raisins
¼ cup toasted* walnuts, coarsely chopped

In medium bowl, combine above ingredients. Set aside.

** To toast walnuts, preheat oven to 250°F. Spread walnuts in a single layer on a small baking pan. Bake for 15 minutes, stirring halfway through.*

Yield: 6 servings

Nutrition Center - UI College of Public Health
www.uiowanutritioncenter.org

Cinnamon Vinaigrette:

2 tbsp sugar
¾ tsp dry mustard
¼ tsp cinnamon
2 tbsp apple cider vinegar
¼ cup canola oil

1. In a small bowl, combine sugar, mustard, cinnamon, and vinegar.
2. Whisk in canola oil slowly and blend well.
3. Drizzle vinaigrette over the salad just before serving. Toss gently.

Nutrient Value (1/6 of recipe)

Calories: 204
Carbohydrate: 24 g
Protein: 2 g
Saturated Fat: 1 g
Fiber: 4 g