

Main Dish Salad (no cook meal)

(Serving for one)

Salad

1 cup salad greens (such as Romaine lettuce) – washed
¼ cup Mesclun greens or fresh spinach – washed (optional)
¼ - ½ green apple diced and drizzled with lemon juice
1 oz dried cranberries
1 tablespoon roasted walnuts
½ diced or sliced small avocado drizzled with lemon juice
1 teaspoon reduced-fat crumbled blue cheese

In a bowl, combine the lettuce, apples, dried cranberries, and walnuts. Drizzle vinaigrette over the salad to mix well and coat salad evenly. Serve on a salad plate and top with slices of avocado and sprinkle with cheese. Note: if you are on a Vitamin K restricted diet, replace the avocado with chopped celery.

Vinaigrette

1 tablespoon orange juice
1 tablespoon rice vinegar
½ teaspoon Dijon mustard
½ tablespoon extra virgin olive-oil
Salt and pepper to taste

In small bowl, whisk together 1 tablespoon orange juice and 1 tablespoon rice vinegar, and the Dijon mustard. While whisking, slowly pour in the ½ tablespoon olive-oil. Whisk in salt and pepper. Drizzle over salad according to personal taste.

Balance the entrée with whole grain crackers. For dessert, serve a scoop of frozen vanilla yogurt floating in a small amount of orange juice.

Nutrition Values:

Calories	218
Fat	17 g
Cholesterol	1 mg
Calcium	64 mg
Carbohydrate	17 g
Sodium	367 mg
Protein	5 g
Fiber	7 g

