



Winter Salad with Seasonal Greens, Nuts and Fruit

Makes 4 servings

Winter greens, with their unique shapes, colors and tastes, make excellent salads when tossed with sweet and tangy ingredients like fresh and dried fruit and nuts. This salad also works well with pears or oranges instead of apples and also with dates instead of figs.

- 1 large head of escarole (or a mix of escarole, romaine and/or frisee) about 6 cups
- 1 small bunch of watercress or baby spinach
- 1 small head radicchio
- 1 large, crisp apple, cored and thinly sliced
- ¼ cup chopped pecans, toasted
- ½ cup dried figs, sliced in quarters

Salad dressing:

- ¼ cup light olive oil
- 1 ½ tablespoons white balsamic vinegar, red wine vinegar or sherry vinegar
- 1 small shallot, thinly sliced
- ¼ teaspoon salt

Directions

If using escarole, remove the tough, outer leaves, and use the tender inner leaves instead. Wash well and dry all of the greens you are using in the salad. Tear or chop the greens into bite-sized pieces and toss them together in a bowl. Make the salad dressing by combining all the ingredients and blending together. Just before serving, toss the greens with the apple, pecans and figs. Toss with the dressing and serve.



For more healthy recipes, please visit Your Healthy Kitchen via www.yrmhealthconnect.org

NUTRITION INFORMATION PER 2 CUP SERVING:

Calories	270
Total fat	19 g
Saturated fat	2.5 g
Sodium	210 mg
Total carbohydrate	25 g
Fiber	8 g
Sodium	273 mg
Protein	3 g
Potassium	679 mg

Also a good source of Vitamin C, Vitamin A, beta-carotene, calcium, folic acid, iron and loads of healthy phytochemicals

Cost per serving: \$2.08