

Candied Walnut Salad

Sweet, crunchy walnuts add great texture to this dish.

Number of Servings: 4
Serving Size: 1/4 recipe

Ingredients

Name	Measure	Weight
Red wine vinegar	2 Tbsp	---
Olive oil	1 Tbsp	---
Dijon mustard	1 tsp	---
Margarine	1 Tbsp	---
Brown sugar	2 Tbsp	---
Walnuts, chopped	1/4 cup	---
Mixed field greens	4 cup	---
Shredded carrots	1/2 cup	---

Preparation Instructions

- 1 Preheat oven to 350 degrees. In a small bowl, whisk together vinegar, oil, and mustard; set aside.
- 2 In a small bowl, combine margarine and brown sugar. Microwave on high for 30 seconds to melt margarine, and then stir well. Toss walnuts with margarine and sugar and spread on a small baking sheet. Bake for 15–20 minutes or until beginning to brown.
- 3 In a large salad bowl, toss remaining salad ingredients with the candied nuts. Drizzle dressing over salad and toss to coat.

Exchanges Per Serving

1 Vegetable
1/2 Carbohydrate
2 Fat

Nutrition Information

Amount per serving
Calories 142
Calories From Fat 97
Total Fat 11 g
Saturated Fat 1 g
Cholesterol 0 mg
Sodium 79 mg
Total Carbohydrate 11 g
Dietary Fiber 1 g
Sugars 9 g
Protein 2 g