



Candied Walnut Salad

Serves 4

Sweet, crunchy walnuts add great texture to this dish.

2 Tbsp red wine vinegar
1 Tbsp olive oil
1 tsp Dijon mustard
1 Tbsp margarine
2 tbsp brown sugar
½ cup walnuts, chopped
4 cups mixed field greens
½ cup shredded carrots

Preheat oven to 350 degrees. In a small bowl, whisk together vinegar, oil and mustard; set aside.

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.

In a large salad bowl, toss remaining salad ingredients with the candied nuts. Drizzle dressing over salad and toss to coat.

Nutritional Analysis

Serving Size: ¼ recipe

Calories	142
Calories from fat	97
Fat	11g
Saturated Fat	1g
Cholesterol	0mg
Sodium	79mg
Carbohydrates	11g
Fiber	1g
Sugars	9g
Protein	2g

Diabetic Exchanges:

Vegetable	1
Carbohydrate	½
Fat	2