

Festive Pecan and Cranberry Salad

Leafy greens sprinkled with jewel-red cranberries make a festive salad that's perfect for any holiday table.

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| 2 tbsp red wine vinegar | Salt and pepper , to taste |
| 3 tbsp extra virgin olive oil | 8 cups mixed greens ,
washed and dried |
| 1 tbsp orange juice | $\frac{1}{3}$ cup dried cranberries |
| 1 tsp Dijon mustard | $\frac{1}{3}$ cup pecans |
| 1 tsp shallot , minced | 4 oz. goat cheese |
| 1 clove garlic , minced | |



In a small bowl, whisk together the vinegar, oil, orange juice, mustard, shallot and garlic for the dressing. Add salt and pepper to taste. In a large bowl, toss the mixed greens with the cranberries, pecans and dressing. Transfer to a large serving platter and crumble goat cheese on top.

Makes 6 servings. Per serving (1½ cups):

193 calories | 5g protein | 16g total fat | 4g saturated fat | 9g mono fat | 3g poly fat
9mg cholesterol | 11g carbohydrate | 6g sugar | 3g fiber | 112mg sodium