

Preventing Women's Heart Disease Through Education



CAROL For Heart

Mixed Salad Greens and Fruit with Fresh Strawberry Vinaigrette

Servings: 4; 2¼ cups per serving

Preparation: 10 minutes

Strawberry Vinaigrette

2 C whole strawberries, stemmed

¼ C sugar

¼ C raspberry vinegar

8 ounces mixed salad greens (about 8 Cups)

½ C red onion, thinly sliced (about 2 ounces)

11 ounce can mandarin oranges in water or light syrup, well drained

1 large pear, thinly sliced (about 8 ounces)

1 C blueberries or quartered strawberries

3 T sliced almonds, dry-roasted (¾ ounce)

- In a food processor or blender, process vinaigrette ingredients until smooth
- Arrange salad greens on a serving platter
- Drizzle with dressing
- Top with remaining ingredients
- Serve immediately

Cook's tip on dry-roasting nuts

To bring out the flavor, roast nuts in an ungreased skillet over medium heat for 1 to 5 minutes, stirring frequently, or in a shallow baking pan at 350 F for 10 to 15 minutes, stirring occasionally. Watch carefully; the nuts can burn easily.

Per Serving: Calories 187; Protein 3g; Carbohydrates 40g; Cholesterol 0mg; Total Fat 3g; Saturated fat 0g; Polyunsaturated 1g; Monounsaturated 2g; Fiber 7g; Sodium 10mg

Recipe courtesy of: American Heart Association's Meals In Minutes Cookbook

For more information, visit us at: www.CarolForHeart.org