

Merry Berry Salad

Ingredients - Salad

- 10 oz salad greens, mixed
- 6 oz red apple, diced (1 medium)
- 6 oz green apple, diced (1 medium)
- 1 cup parmesan cheese, shredded
- 1/2 cup cranberries, dried
- 1/2 cup almonds, slivered, toasted

Ingredients – Dressing

- 1 cup fresh cranberries
- 1/2 cup sugar
- 1/2 cup cider vinegar
- 1/4 cup apple juice concentrate, thawed
- 1/2 tsp salt
- 1 tsp mustard powder
- 1 tsp onion, chopped
- 1 cup canola oil



A colorful green salad dressed for the holiday with sweet dried cranberries, crunchy green and red apples and crispy toasted almonds. A simple sweet and savory cranberry dressing creates a perfect flavor medley.

Directions

In a blender combine the cranberries, sugar, vinegar, apple juice concentrate, salt, mustard and onion; cover and process until blended. While processing, gradually add oil in a steady stream.

In a large salad bowl, toss the lettuce, diced apples, cheese, cranberries and almonds. Drizzle with desired amount of the dressing and toss to coat. Serve immediately. Refrigerate any leftover dressing.

Yield 10 servings

Nutritional Information

Calories 345, Fat 27g, Carbohydrates 26g, Cholesterol 6mg, Sodium 265mg, Fiber 3g, Protein 5g

