

# Orange Walnut Salad

## Ingredients:

8 cups mixed salad greens	2 tablespoons orange juice
2 large carrots, peeled and thinly sliced	2 tablespoons lemon juice
1 small red onion, thinly sliced	1 tablespoon honey
2 large oranges, peeled and sectioned	2 teaspoons Dijon mustard
1/4 cup walnut pieces	1/4 cup walnut oil*
	Salt and pepper to taste

## Directions:

1. Place the greens on a platter. Top with carrots, onion, and oranges.
2. For the dressing: whisk together the orange and lemon juices, honey, and mustard. Slowly add the oil in a thin stream, whisking consistently.
3. Drizzle the dressing over the salad. Add the salt and pepper to taste, and top with walnuts. Enjoy!

\*If you cannot find walnut oil for the dressing, you can substitute olive oil.

## Nutrition Facts

Serving Size 2/3 cup (132g)  
Servings Per Container 8

Amount Per Serving

**Calories 130**    **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**    **14%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 75mg**    **3%**

**Total Carbohydrate 13g**    **4%**

Dietary Fiber 4g    **16%**

Sugars 8g

**Protein 2g**

Vitamin A 120%    •    Vitamin C 70%

Calcium 6%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:    2,000    2,500

Total Fat    Less than    65g    80g

Saturated Fat    Less than    20g    25g

Cholesterol    Less than    300mg    300mg

Sodium    Less than    2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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Source: American Diabetes Association

