Orange Walnut Salad

Ingredients:

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