BOTTOMS UP GREEN SALAD

INGREDIENTS:

- 2 tablespoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1/3 cup balsamic vinegar
- 2/3 cup olive oil
- 1 cup dried cranberry, reduced-sugar
- 10 ounces mixed greens

DIRECTIONS

1. In a small bowl, stir mustard, salt, pepper, and vinegar together. Add oil, whisk until well blended. Bring to room temperature.
2. Assemble mixed greens, pour 1/2 cup vinaigrette into salad bowl. Add cranberries, then pumpkin seeds and toss. Serve immediately.

Nutrition Facts

Serving Size (120g)
Servings Per Container 6

Amount Per Serving

Calories 350	Calories from Fat 240
	% Daily Value*
Total Fat 27g	**42%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 3g	**12%**
Sugars 17g	
Protein 3g	

Vitamin A 60% • Vitamin C 40%
Calcium 4% • Iron 15%

*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

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: *www.arthritis.org*