

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

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Source: www.arthritis.org

