Apple Orange Walnut Salad

Source: Recipe by Caroline Trapp, NP, CDE, with special thanks to Chef Matt Prentice

You can still enjoy a delicious salad, even without an oil-based dressing!

About the Recipe

70 Calories · 1.7 g Protein · 2.3 g Fiber
Dinner

Variations:

- If desired, toast walnuts by placing in an ovenproof dish and baking at 350 F for 5-10 minutes, until lightly browned and fragrant. Cool before chopping.
- Shredded carrots, celery, and/or thinly sliced red cabbage are delicious additions.
- Arugula may be used in place of some or all of the mixed salad greens.
- For an even simpler dressing, just use seasoned rice vinegar.
- Freshly ground black pepper may also be added.

Ingredients

Makes 6 Servings

- 6 cups mixed salad greens, torn into bite-size pieces (or a bag of salad greens)
- 1/4 cup raw walnuts, chopped
- 1/2 small red onion, finely chopped
- 1 large tart green apple, chopped, or 1/4 cup dried cherries
- 3 tbsp. seasoned rice vinegar
- 2 tbsp. orange juice

Directions

1. Combine salad greens, walnuts, onion, and apple or cherries in a large bowl.

2. In a small bowl or cup, mix vinegar and juice. Dress the salad just before serving.

Nutrition Facts

Per serving

Calories: 70
Protein: 1.7 g
Carbohydrate: 10.8 g
Sugar: 7.5 g
Total Fat: 2.9 g
    Calories from Fat: 37.4%
Fiber: 2.3 g
Sodium: 135 mg