

Field Greens and Mandarin Orange Salad

Ingredients

- 1 bag (4 oz.) field greens
- 1 cup Mandarin orange sections, drained and patted dry
- ¼ cup glazed walnuts (Emerald's is a product available in the nut aisle)
- 1/3 cup raisins
- ¼ cup poppyseed dressing

Directions

Place greens in a large salad bowl. Add drained Mandarin orange sections, glazed walnuts and raisins. Toss with salad dressing just before serving.

Yield: 4 servings (1/4 of combined salad)

Calories 193, Fat 11 g (saturated 1.3 g), Protein 2 g, Carbohydrate 26 g,
Cholesterol 0 mg, Sodium 145 mg, Fiber 2 g

Heart Notes Newsletter

Women's Heart Health, Minneapolis Heart Institute