

Balsamic Berry Vinaigrette Winter Salad



This festive salad features colorful greens, fruit and cheese tossed with a light and zesty dressing.

Active: 20 mins

Total: 20 mins

Servings: 8



Ingredients

¼ cup balsamic vinegar
2 tablespoons plain fat-free Greek yogurt
1 tablespoon sugar-free strawberry preserves
1 ½ teaspoons olive oil
1 teaspoon Dijon-style mustard
1 clove garlic, minced
¼ teaspoon kosher salt
⅛ teaspoon black pepper
3 cups fresh baby spinach
3 cups torn romaine lettuce
1 small cooking apple, such as Braeburn or Gala, thinly sliced
½ cup crumbled blue, feta, or goat cheese (chèvre) (2 oz.)
½ cup pomegranate seeds
¼ cup chopped walnuts, toasted

Directions

Step 1

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper.

Step 2

In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

Nutrition Facts

Serving Size: 1 Cup

Per Serving:

90 calories; protein 3.1g 6% DV; carbohydrates 8.1g 3% DV; exchange other carbs 0.5; dietary fiber 1.7g 7% DV; sugars 4.7g; fat 5.3g 8% DV; saturated fat 1.7g 8% DV; cholesterol 5.5mg 2% DV; vitamin a iu 2282.9IU 46% DV; vitamin c 5.2mg 9% DV; folate 50.5mcg 13% DV; calcium 64.5mg 7% DV; iron 0.7mg 4% DV; magnesium 19.1mg 7% DV; potassium 104.4mg 3% DV; sodium 143599mg 5744% DV; thiaminmg 3% DV.

Exchanges: 1 Vegetable, 1 Fat

