

Mixed Salad Greens and Fruit with Fresh Strawberry Vinaigrette

Strawberry Vinaigrette:

2 cups whole strawberries, stemmed
1/4 cup sugar
1/4 cup raspberry vinegar

Salad:

8 ounces mixed salad greens (about 8 cups)
1/2 cup red onion, thinly sliced
11 ounce can mandarin oranges in water or light syrup, well drained
1 large pear, thinly sliced
1 cup blueberries or quartered strawberries
3 Tbsp sliced almonds, dry roasted (3/4 ounce)

In a food processor or blender, process vinaigrette ingredients until smooth. Arrange salad greens on a serving platter; drizzle with dressing and top with remaining ingredients. Serve immediately.

Yields: 4 servings (2 1/4 cup serving size)

Nutrition per serving: 187 calories, 3g protein, 40g carbohydrate, 0mg cholesterol, 3 g total fat, 0g saturated fat, 1g polyunsaturated fat, 2 g monounsaturated fat, 7 g fiber, 10mg sodium

---American Heart Association Meals in Minutes Cookbook