

Winter Salad



Ingredients:

Salad:

- 1 1/2 heads romaine lettuce, chopped
- 2 apples, cubed
- 4 cups spinach
- 2 red bell peppers, cubed
- 1 container cherry tomatoes
- 6-8 tablespoons cranberries
- 4 cups carrots, grated
- 1/2 cup parsley, finely chopped
- 1 cup almonds, slivered

Dressing:

- 6 tablespoons honey
- 4 tablespoons Dijon mustard
- 1/2 cup vinegar
- 1 cup olive oil

Instructions:

1. Combine all salad ingredients.
2. Combine honey and mustard until smooth.
3. Add vinegar to honey-mustard and blend well.
4. Slowly add oil to step 3 while beating with a whisk.
5. Pour dressing over salad.
6. Add almonds and serve immediately.

Servings: 8



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