



STRAWBERRY FIELDS SALAD

Yield: 6 servings

¼ cup extra-virgin olive oil
¼ cup balsamic vinegar
¼ teaspoon dry mustard
Salt and pepper
8 cups mixed salad greens

6 large strawberries, hulled and sliced
½ cup chopped toasted walnuts
¼ cup thinly sliced red onion
½ cup crumbled blue cheese

1. In a small bowl, whisk together olive oil, vinegar, and dry mustard. Add salt and pepper to taste.
2. In a large bowl, combine salad greens, strawberries, walnuts, and red onions. Toss with dressing. Top with blue cheese and serve.

Nutritional Information per serving:

Calories: 209

Carbohydrate: 7.1 gm

Protein: 4.1 gm

Sodium: 176 gm

Fiber: 1.8 gm

Cholesterol: 8.4 gm

Saturated fat: 3.9 gm

Fat: 19 gm