



Harvest Salad

Recipe Source: www.allrecipes.com

Servings: 4

Ingredients:

½ cup chopped walnuts
1 (10 oz) package baby spinach
½ cup dried cranberries
¼ cup crumbled blue cheese
2 tomatoes, chopped and seeded
1 avocado, peeled, pitted, and diced
½ red onion, thinly sliced
1 Tbsp red raspberry jam
2 Tbsp red wine vinegar
¼ cup olive oil
Salt and freshly ground black pepper, to taste

Steps:

- Preheat oven to 375°. Arrange walnuts in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown. Watch carefully so as not to let them burn. Set aside.
- In a large bowl, toss gently together the spinach, cranberries, cheese, tomatoes, avocado, and red onion. Set aside.
- In a small bowl, whisk together jam, vinegar, oil, salt and pepper. Taste and adjust seasoning if needed.
- Pour dressing over salad and toss to coat. Top with toasted walnuts. Serve immediately.

Tips from the Test Kitchen: Roma tomatoes work well because they are less juicy, so you don't need to worry about seeding them.

Nutritional Facts (Per Serving): Calories: 424 , Carbohydrates: 30 grams, Protein: 8 grams, Total Fat: 33 grams, Saturated Fat: 6 grams, Cholesterol: 6 mg, Sodium: 160 mg, Fiber: 8 grams, Total Sugars: 18 grams.