

Thanksgiving Winter Salad with Champagne Vinaigrette



Blue cheese not pictured.

Ingredients:

- 3 Tbsp champagne vinegar
- 1 ½ tsp honey
- ¼ tsp black pepper
- 1/3 cup olive oil
- 3 Tbsp plus 1 tsp crumbled blue cheese
- 2 Tbsp chopped hazelnuts
- 2 Tbsp lemon juice
- ¼ tsp salt
- 3 tsp fresh minced chives
- 10 cups salad greens
- 1/3 cup pomegranate seeds

Directions:

1. In a small bowl, whisk together the champagne vinegar, lemon juice, honey, salt, pepper, chives and oil until well combined. Or, add ingredients to a jar with a tight-fitting lid and shake until combined.
2. In a large bowl, combine the salad greens, blue cheese, pomegranate seeds, and hazelnuts. Toss with the dressing just before serving or serve with the dressing on the side.

Nutritional Information:

Calories	120
Total Fat.....	11 g
Saturated Fat	1.5 g
Cholesterol	0 mg
Total Carbohydrate....	6 g
Dietary Fiber	1 g
Protein	2 g
Sodium	140 mg

Serving Size 1 cup

Recipes Yields.....10 servings

Prep time: 10 minutes

Adjusted from:

www.diabetesfoodhub.org/recipes/thanksgiving-winter-salad-with-champagne-vinaigrette.html

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