



CRANBERRY WALNUT SALAD



PREP: 10 min COOK: 10 min

TOTAL: 20 min SERVES: 2

SALAD

- 1/2 cup chopped walnuts
- 1 tablespoon honey
- 1 small head romaine lettuce
- 1 small head red leaf lettuce
- 1/4 cup chopped red onion
- 1/4 cup dried cranberries
- 2 ounces feta cheese, crumbled

DRESSING

- 2 tablespoons lemon juice
- 1/2 tablespoon olive oil
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

1. Preheat oven to 375 degrees.
2. Combine the walnuts and honey in a mixing bowl and stir until the walnuts are coated. Transfer to a baking sheet and toast for 10 minutes or until lightly browned.
3. Meanwhile, shred the lettuce and arrange on two plates. Top the lettuce with the onion, cranberries, feta, and toasted walnuts.
4. Place all ingredients for the dressing in a blender and blend until creamy in appearance.
5. Drizzle the dressing over the salads and serve immediately.