



Candied Walnut Salad

Ingredients:

- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon margarine
- 2 tablespoons brown sugar
- ¼ cup walnuts, chopped
- 4 cups mixed field greens
- ½ cup shredded carrots

Directions:

- Preheat oven to 350 degrees F. In a small bowl, whisk together vinegar, oil, and mustard; set aside.
- In a small bowl, combine margarine and brown sugar. Microwave on high for 30 seconds to melt margarine, and then stir well. Toss walnuts with margarine and sugar and spread on a small baking sheet. Bake for 15-20 minutes or until beginning to brown.
- In a large salad bowl, toss remaining salad ingredients with the candied nuts. Drizzle dressing over salad and toss to coat.

Yield: 4 servings

Nutritional Information: 142 calories, 11 grams fat, 11 grams carbohydrate, 1 gram fiber, 2 grams protein, 79 mg sodium

Recipe Source: American Diabetes Association

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.