

Orange and Walnut Salad



PrepTime: 20 minutes **Serves:** 8

Ingredients

Salad

- 8 cups mixed salad greens
- 2 large carrots, peeled and thinly sliced
- 1 small red onion, thinly sliced
- 2 large oranges, peeled and sectioned

Vinaigrette

- 2 tablespoons fresh orange juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon honey
- 2 teaspoons Dijon mustard
- $\frac{1}{4}$ cup walnut or olive oil
- Sea salt and fresh ground black pepper to taste
- $\frac{1}{4}$ cup walnut pieces

Instructions

1. Place the greens on a platter. Top with the carrots, onion, and oranges.
2. For the vinaigrette, whisk together the orange and lemon juices, honey, and mustard. Slowly add the oil in a thin stream, whisking constantly.
3. Drizzle the vinaigrette over the salad. Add salt and pepper to taste, and top with the walnuts.

From The Family Classics Diabetes Cookbook by The American Diabetes Association

- See more at: <http://www.diabetes.org/mfa-recipes/recipes/2014-11-12-orange-and-walnut-salad.html?referrer=https://www.google.com/#sthash.N9vUNuhL.dpuf>