

Raspberry Chive Salad

(Makes 8 servings)

(V) – This recipe is a vegan option recipe!

Whip this salad up in a minute, but your dinner companions will think you've spent hours! Make the dressing a day or two ahead if you like and pour on just before serving.

Ingredients:

- 1 pound romaine lettuce, washed, dried, and torn into bite-sized pieces
- 1 pound radicchio, washed, dried, shredded
- 3 carrots, peeled and grated
- 1 cup mandarin oranges, drained, patted dry
- 20 cherry tomatoes, quartered

Dressing Ingredients:

- 1 ½ cups frozen raspberries, thawed
- 2-4 tablespoons orange juice (depending on thickness desired), start with 2 tablespoons
- 1 tablespoon white wine vinegar
- 1 teaspoon sugar
- 1 tablespoon orange zest
- 4 tablespoons chopped fresh chives

Directions:

- 1) Assemble salad ingredients in salad bowl; toss.
- 2) Put all ingredients for the dressing in food processor or blender except 2 tablespoons chives, and process.
- 3) After all is processed, stir in the remaining 2 tablespoons chopped chives.
- 4) Pour over salad just before serving and toss.

Nutritional Analysis: *(per serving / 1/8 of salad + 1/8 of dressing)*

- Calories: 107
- Fat: 0.5 g
- Saturated Fat: 0.1 g
- Protein: 3 g
- Carbohydrates: 25 g
- Fiber: 5.4 g
- Sodium: 37 mg

Source:

*Recipe developed and copyrighted by Kristine Napier, MPH, RD, LD
Reprinted with permission from Nutrio.com*