



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Cranberry and Walnut Salad

Servings

4 servings

Ingredients

- 3 tablespoons olive oil
- 2 tablespoons white wine vinegar
- ¾ cup dried cranberries
- 3 cups baby spinach
- 1 ½ cup arugula
- ½ cup shelled walnuts
- ¼ cup goat cheese crumbles



Directions

1. Combine olive oil and vinegar in a small jar and mix
2. Combine all other ingredients in a large bowl and toss until evenly distributed
3. Drizzle oil and vinegar dressing on top of the salad and serve

Nutrient content per serving

- Calories- 342cals
- Carbs- 19g
- Protein- 7.5g
- Fat- 24.5g
- Sodium- 145mg
- Fiber- 3g

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