

Zesty Watercress Salad with Red Wine Vinaigrette

Serving size: ½ cup salad with 1 tablespoon vinaigrette

Serves: 4

Ingredients:

For the Vinaigrette:

2 tablespoons green onions, finely chopped

6 tablespoons red wine vinegar

2 tablespoons honey

2 teaspoons Dijon mustard

4 tablespoons extra virgin olive oil

Pinch of salt

Freshly ground black pepper to taste

Makes approximately 1 cup

For the Salad:

1 head Boston lettuce, washed and roughly chopped

1 bunch fresh watercress, washed with large stems removed

2 grapefruits, peeled and sectioned

1 avocado, peeled and sliced

Directions:

For the Vinaigrette:

1. In a mixing bowl, whisk together the onions, vinegar, honey, and mustard.
2. Add the olive oil while continuing to whisk.
3. Season to taste with salt and pepper.
4. Reserve all but ½ cup for tomorrow. This dressing stores well for up to 3 days covered in the refrigerator.

For the Salad:

5. To the mixing bowl and remaining dressing, add the lettuce, watercress, avocado and grapefruit. Toss gently.
6. Serve immediately.

Exchanges per serving:

2 Carbohydrate Choices, 2 Fats

Nutrients per serving:

Calories: 210

Calories from fat: 123

Total Fat: 14g

Cholesterol: 0mg

Sodium: 46mg

Total Carbohydrate: 24g

Dietary Fiber: 5g

Protein: 3g