



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Green Salad w/ Raspberry Vinaigrette

Ingredients:

Dressing

- ¼ cup white wine vinegar
- ½ cup fresh raspberries, pureed
- 1 ½ tablespoons olive oil
- ¼ teaspoon salt
- 1 pinch ground black pepper

Salad

- 4 cups mixed baby field greens
- 1 cup fresh raspberries
- 1 tablespoon pine nuts

Directions:

1. In a small bowl, whisk dressing ingredients.
2. In a medium salad bowl, toss together salad ingredients. Drizzle dressing over salad and toss gently to coat.

Serves 5

72 calories, 5 g fat, 1 g saturated fat, 6 g carbohydrate, 3 g fiber, 1 g protein, 122 mg sodium

Source: American Diabetes Association

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