

Greens with Creamy Berry Dressing

SOURCE: Cooking Light, MAY 1999

INGREDIENTS:

1/3 C sweetened dried cranberries (such as Craisins)
1/4 C balsamic vinegar
1/4 C light mayonnaise
1 TBS Dijon mustard
1 TBS water
1/2 tsp sugar
1/4 tsp black pepper
2 garlic cloves, crushed OR 1 tsp bottled minced garlic
6 C torn romaine lettuce
1 C seedless red grapes, halved
1 C thinly sliced cucumber
1 C fat-free plain or seasoned croutons
1/2 C thinly sliced red onion, separated into rings

DIRECTIONS:

Combine cranberries + vinegar in small bowl - cover - let stand 30 minutes. Add mayonnaise + next 5 ingredients (mustard through garlic) – whisk well. Cover/chill.

Combine lettuce + remaining ingredients in large bowl - add dressing, tossing gently to coat. Serve immediately.

Yield: 6 servings (serving size: 1 1/2 C)

NUTRITION PER SERVING

CALORIES 115 (24% from fat); FAT 3.1g (sat 0.5g, mono 0.8g, poly 1.4g); PROTEIN 2.6g; CARB 19.6g; FIBER 1.7g; CHOL 3mg; IRON 1.1mg; SODIUM 295mg; CALC 40mg;

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