

Berry Summer Salad

INGREDIENTS:

4 cups	Mixed salad greens
1 cup	Fresh blueberries
2 T	Blue cheese, crumbled
1 T	Walnuts, chopped
4 T	Balsamic vinegar salad dressing

DIRECTIONS:

Toss together the first four ingredients and drizzle with salad dressing. Toss lightly and serve.

Makes 4 serving.

Calories per serving: 75

NUTRITIONAL INFORMATION PER SERVING:

2 g protein
11 g carbohydrates
3 g fat
303 mg sodium
3 mg cholesterol
2 g fiber

Serving Equivalents: 1 starch/bread or 1 fruit serving