



Strawberry Romaine Salad

Salad:

1 head Romaine lettuce (any dark leafy green lettuce mix tastes good)
2 cups Strawberries, sliced
1/4+ cup Red onion cut in large chunks
1/3 cup Dried cranberries
1/2+ cup Walnuts

Dressing:

3/4 cup Light Mayo
2 tsp. White wine vinegar
1/4 cup Low fat milk
1 tbsp. Sugar
1 tbsp. Poppy seeds

Makes 6 servings

- Set walnuts aside. Toss the remaining salad ingredients together in a large salad bowl
- Mix the dressing ingredients together in a small bowl (it makes a lot; you may have dressing left over).
- Pour the dressing on the salad. Sprinkle walnuts on top and toss.

Nutritional Information:

Calories: 150	Total Fat: 7.41g
Saturated Fat 1.24g	Protein: 2.15g
Carbohydrate 21.25g	Fiber: 3.49g