

Toasted Almond Salad with Honey-Mustard Dressing

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Servings: 6

Start to Finish Time: 25 minutes

1 bag (10 oz) chopped hearts of Romaine
3/4 cup honey-roasted flavored sliced almonds
1/2 medium (2/3 cup) cucumber, chopped
2 medium yellow sweet peppers, chopped
1/2 cup stone-ground mustard
1/2 cup olive oil
1/2 cup lemon juice
1/2 cup honey
3 cloves garlic, minced

In a bowl, toss together the greens, almonds, cucumber and sweet peppers.

In a screw-top jar combine the mustard, olive oil, lemon juice, honey and garlic. Reserve half of the dressing for future use. Store in the refrigerator for up to one week.

Dress the salad with 1/2 cup of the Honey-Mustard dressing.

Pass the extra dressing, if desired.

Yield: 2 cups dressing

Per Serving (excluding unknown items): 256 Calories; 18g Fat (60.4% calories from fat); trace Protein; 26g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 3 1/2 Fat; 1 1/2 Other Carbohydrates.