

FALL SALAD

A nice change with cooler seasons and the Pacific Northwest options...plus a beautiful way to jump start your digestion!

SERVINGS	SERVING SIZE	TIME TO MAKE
2	1 SALAD	10 MINUTES +

INGREDIENTS

- 2 TBL Roasted Honey Almonds (optional- nuts of choice)
- 1 TBL Balsamic Honey Vinaigrette
- 1 ripe plum, sliced
- 1 tsp thyme, fresh
- 2 cups arugula
- 1-2 TBL thinly sliced parmesan cheese

DIRECTIONS

1. Assemble clean & washed greens, pat dry (or use salad spinner) onto a salad plate
2. Place thinly sliced plums onto greens
3. Add Roasted Honey Almonds or desired nuts
4. Sprinkle thyme
5. Drizzle dressing
6. Enjoy!

Nutritional Information per serving: 193 Calories, 13 grams Fat, 3 gram Saturated Fat, 10 mg Cholesterol, 174 mg Sodium, 9 grams Total Carbohydrates, 2 gram Fiber, 5 grams Sugar, 8 grams Protein, 25% Vitamin A, 9% Vitamin C, 18% Calcium, 14% Iron