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Watercress, Strawberry, and Almond Salad with Balsamic Honey Vinaigrette

Created by the Almond Board of California

What you need:

- 4 cups (1 L) trimmed watercress
- 1 cup (250 mL) sliced strawberries
- ½ cup (125 mL) sliced almonds, roasted
- 4 shallots or 1 tbsp. (15 mL) sliced thinly
- 1 tbsp. (15 mL) balsamic vinegar
- 1 tbsp. (15 mL) honey
- ¼ tsp. (5 mL) salt
- 1/3 cup (75 mL) olive oil



Photo courtesy of Almond Board of California

How you prepare:

Place watercress, strawberries, almonds and shallots in a large salad bowl. In a small bowl, whisk together vinegar, honey and salt; whisk in olive oil until smooth and uniform. Pour vinaigrette over salad and toss gently. Serve immediately.

Nutritional Analysis: per serving.

Calories: 265	Fibre: 2 g
Fat: 24 g	Cholesterol: 0 mg
Sat Fat: 2.9 g	Sodium: 162 mg
Mono Fat: 16.9 g	Calcium: 80 mg
Poly Fat: 3.3 g	Magnesium: 48 mg
Protein: 4 g	Potassium: 296 mg
Carb: 12 g	Vitamin E: 6.0 mg*

* total alpha-tocopherol equivalents

Recipe used with permission from the Almond Board of California. Visit www.almondboard.com for more great recipes.

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