

Goat Cheese and Sun-Dried Tomato Topped Salad

Kristine Napier, M.P.H., R.D.

Mix up this unlikely combination of sweet and savory ingredients and you've got a superstar main dish salad. It's created from Wisconsin honey, grapes, and dried cranberries. Hayward, in northwest Wisconsin, is the home of Wisconsin's annual cranberry festival.

- 2 10-ounce bags romaine lettuce
- 2 cups seedless green grapes, halved
- 2 cups seedless red grapes, halved
- 1 cup thinly sliced green onions (tops and bottoms)
- 1 6-ounce package sweetened dried cranberries
- 1 cup raisins
- 1/3 cup sun-dried tomato vinaigrette salad dressing
- 8 ounces crumbled goat cheese
- 1 cup slivered almonds
- 6 cups whole-grain croutons (page 234)
- 1 tablespoon honey

Place the lettuce in a very large salad bowl. Place the grapes, green onions, cranberries, raisins, and salad dressing in a medium-size bowl; stir well. Add to the lettuce and toss.

Top the salad with the goat cheese, almonds, and croutons. Drizzle with honey.

SERVES: 8

Hands-on time: 15 minutes

COOK'S TIP

Wash, drain, and dry all lettuce, even bagged varieties that are prewashed.

NUTRITION PER SERVING

Serving size	2 cups
Calories	470 kcal
Fat	19 g
Saturated fat	6 g
Cholesterol	15 mg
Sodium	350 mg
Carbohydrates	65 g
Dietary fiber	8 g
Protein	12 g