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Prevent and Protect
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BLUEBERRY FIELDS SALAD

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Makes 8 servings

- 1 cup chopped walnuts
- ½ cup balsamic vinegar
- 1/3 cup blueberry preserves
- 1/3 cup olive oil
- 2 (5.5-oz) packages spring greens and baby spinach mix
- 2 Cups fresh blueberries
- 1 Small red onion, halved and sliced
- 1 cup crumbled blue cheese

- Heat walnuts in a small skillet over medium-heat heat, stirring constantly, 5 minutes or until toasted and fragrant.
- Whisk together balsamic vinegar, next 2 ingredients, and salt and freshly ground pepper to taste in a small bowl.
- Combine walnuts, spinach mix, and next 3 ingredients in a large bowl. Drizzle with desired amount of vinaigrette, and toss to combine.
- Serve immediately with remaining vinaigrette.