

Raspberries and Sweet Pecans Salad

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 10 minutes

Serves: 4 lunch portions

CChints: 1/2 cup of Raspberries have vitamin C, 14 mg of calcium, 4.6 g fiber and only 30 calories. You can buy pecans all year round. Any extras can be put in a sealed bag in the freezer and use within a year.



Sweet Pecans:

1 cup pecan halves

1 egg white, beaten

1/3 cup brown sugar

1 teaspoon cinnamon

1/2 teaspoon cumin

Cooking spray

Dressing:

3 tablespoons extra-virgin olive oil

2 tablespoons raspberry vinegar

2 teaspoons honey

1/2 teaspoon Dijonnaise or Dijon mustard

1/4 teaspoon salt

Salad:

10 ounce or larger bag of prewashed salad greens

6 ounce container of fresh raspberries

1/4 cup chopped fresh chives

2 cups cooked chicken, chopped

Preheat oven to 325 degrees F. Line a cookie sheet with foil and spray it with cooking spray or use a silicone baking mat without any spray.

In a small bowl, combine the beaten eggs through the cumin and blend well. Add the pecans and toss to coat all the pieces. Use a fork to lift the pecans out of the bowl and put on the prepared baking sheet. Using a fork will allow any extra egg mixture to stay in the bowl. Spread the nuts out on the pan and bake for 10 minutes. During this time you can prepare the rest of the salad.

In a small bowl, whisk together the dressing ingredients until the dressing comes together and set aside. In a large bowl combine all the salad ingredients. Pour half of the dressing over the salad and stir to coat all the leaves. Add more dressing until the leaves are coated with as much dressing as you like on your salads.

Remove the pecans from the oven and let cool a minute before serving. Serve this salad in large salad bowls or dinner plates. Sprinkle with pecan and enjoy your healthy salad!