
Watermelon Salad with Field Greens

From my friend Joan, and she says it's from The Beach House in Kauai, Hawaii



Servings: 8

NOTES: If you don't want to have much of any dressing left over, make about half of the recipe.

1. VINAIGRETTE: Whisk ingredients and set aside or prepare in a shaker jar.

2. SALAD: Toss greens with enough vinaigrette to coat them well - be generous with the dressing as the other ingredients aren't "dressed." You'll use just a part of the dressing.

3. Either plate individual servings or pour all of the dressed greens on a platter, then garnish with the gorgonzola, nuts, onion and carrots. The watermelon: you may cut watermelon into balls, or in the original recipe cut watermelon wedges are arranged around the greens.

SALAD:

6 cups field greens, mixed variety

1/2 cup red onion, thinly sliced

1/2 cup carrots, cut in curls or shreds

1/4 cup macadamia nuts, toasted (or pecans)

1/2 cup gorgonzola cheese, crumbled

RASPBERRY VINAIGRETTE:

1/4 cup seedless raspberry jam

1/4 cup strawberry puree (fresh or frozen)

1/4 cup cider vinegar

1/4 cup balsamic vinegar

1 1/4 cups canola oil

Salt and pepper to taste

Per Serving (excluding unknown items): 422 Calories; 42g Fat (86.4% calories from fat); 4g Protein; 11g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 213mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 8 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com