

Field Green Salad with Cranberry Vinaigrette and Goat Cheese

Diane Phillips, cooking class 12/2023



PECANS:

- 1 large egg white, about 2 T
- 1 teaspoon Tabasco sauce
- 6 tablespoons raw sugar
- 1 teaspoon garlic salt
- 1 teaspoon seasoning salt, like Lawry's
- 2 cups pecans, or walnuts, raw, or use combination

SALAD:

- 8 cups salad greens (field or combination)
- 1/4 cup cranberry juice cocktail (do not use diet juice)
- 1/4 cup rice vinegar (do not use "seasoned" style)
- 1/4 cup sugar
- 2 tablespoons Dijon mustard
- 1/2 cup vegetable oil, might need up to 2/3 cup
- salt and pepper to taste
- 1/2 cup dried cranberries
- 1 cup goat cheese, crumbled

Per Serving (excluding unknown items): 616 Calories; 54g Fat (76.1% calories from fat); 12g Protein; 26g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 234mg Sodium; 21g Total Sugars; trace Vitamin D; 146mg Calcium; 2mg Iron; 224mg Potassium; 247mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. NUTS: Preheat oven to 350°F. Line a baking sheet with a silpat or parchment paper.
2. Whisk together egg white, Tabasco, sugar, garlic salt and seasoning salt.
3. Add nuts and stir to coat well.
4. Spread pecans onto prepared baking sheet and bake for 25-30 minutes, shaking the pan every 10 minutes for even toasting. Remove pan from oven and cool completely. Break up the pecans and store in airtight container. The pecans can be made ahead and frozen for up to 3 months.
5. SALAD: Place greens in a large salad bowl.
6. In a small jar, combine cranberry juice, rice wine vinegar, sugar, mustard and oil. Season with salt and pepper. Taste for acidity and add more oil if needed.
7. Pour dressing over salad, plate the salads individually and garnish with dried cranberries, pecans and goat cheese.