

Mixed Greens with Walnut Salad

1 Tbsp tamari
2 tsp molasses
salt and pepper freshly ground
pinch of cayenne pepper
1 cup roasted walnut halves
½ cup apple juice
½ cup balsamic vinegar
¾ cup dried cranberries
1 tsp extra virgin olive oil
9 ounces of mixed greens (enough to feed 2-4 people)
1 small red onion
1 cup crumpled goat cheese

To make walnuts: preheat oven to 350 degrees. In a small bowl stir tamari, molasses, a pinch of salt, 1/8 tsp pepper and cayenne until well blended. Add nuts and toss until coated. Transfer to baking sheet and roast for about 10 minutes or until browned. Set aside and let cool.

Dressing: Heat apple juice and vinegar over medium heat until mixture boils. Take off heat and add the cranberries and allow them to marinate and soften for 30 minutes. Strain off mixture and simmer for 15-17 minutes until it is reduced to ¼ cup. Blend with oil and cool.

Combine all other ingredients and toss with dressing. This is very filling and can be eaten as an entrée!

Quicker Version: don't roast the walnuts and make a double batch of the dressing to keep in the fridge