

CRUNCH ROMAINE STRAWBERRY SALAD

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 1 cup

Nutrition (per serving)

Calories: 200

Total Fat: 16 g

Saturated Fat: 4 g

Sodium: 81 mg

Total Carbohydrate: 13 g

Dietary Fiber: 2 g

Protein: 4 g



Ingredients

1 package (3 oz) ramen noodles

1 cup chopped walnuts

1/4 cup butter

1/4 cup sugar (sugar substitute may be used in place of sugar with excellent results)

1/4 cup canola or olive oil

2 Tbsp red wine vinegar

1/2 tsp soy sauce

8 cups Romaine, torn

- 1/2 cup chopped green onions
- 2 cups fresh strawberries, sliced

Directions

1. Discard seasoning packet from ramen noodles or save for another use. Break noodles into small pieces.
2. In large skillet cook dry noodles in butter over medium heat for about 8-10 minutes of until golden. Add the walnuts during the final 2 minutes. Remove from heat and allow to cool.
3. Whisk sugar, oil, vinegar and soy sauce together as this will be the salad dressing.
4. Combine Romaine, strawberries and onions in large serving bowl.
5. Just before serving, drizzle with dressing and add the ramen noodle and nut mix. Toss gently.