

Summer Salad

Makes: 8 servings

Ingredients

8 cups salad greens
6 green onion (thinly sliced, with tops)
6 mushroom (large, fresh, thinly sliced)
1/4 cup walnuts (coarsely chopped)
3/4 cup parsley (fresh, finely chopped)
3/4 cup dressing (Tangy, see [recipe](#))

Directions

1. Wash and dry greens. Tear into bite-sized pieces and place in large salad bowl.
2. Add onion, mushrooms, walnuts and parsley. Just before serving, toss with dressing.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	2.5 g	4%
Protein	3 g	
Carbohydrates	10 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	25 mg	1%