Cranberry Walnut Chopped Salad (serves 6)

Ingredients:
1 cup walnuts, coarsely chopped
1 cup dried cranberries
2 cups green cabbage, finely sliced
2 cups red cabbage, finely sliced
1/4 cup thinly sliced onions

Dressing:
1/4 cup cider vinegar
1/4 cup extra virgin olive oil
1 tsp celery seed
1/4 tsp salt
2 tsp honey

Nutritional Information:
Per Serving: 168 calories, 12g total fat, 2g saturated fat, 0 mg cholesterol, 90 mg sodium, 39g carbohydrates, 4g protein, 4g fiber.

Submitted by Zebu