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## Mixed Greens with Berries and Honey-Glazed Hazelnuts

From [EatingWell.com](http://EatingWell.com)

For a sophisticated starter, try this colorful salad, which marries fresh berries, caramelized nuts and tangy feta cheese. Pureed berries form the base of the dressing, giving it a velvety texture and rich flavor.

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## Recipe

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Ken Burris

Serves: 4 [Edit](#)

Total Time: 25 min

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**Nutritional Information**  
 (per serving)

Calories	<b>232</b>
Total Fat	17g
Saturated Fat	4g
Cholesterol	17mg
Sodium	349mg
Total Carbohydrate	16g
Dietary Fiber	--
Sugars	--
Protein	7g
Calcium	<b>0</b>

### Ingredients

☒ U.S.  
 ☐ Metric  
 [Conversion chart](#)

## Nuts:

- 1 teaspoon(s) extra-virgin olive oil
- 1/4 cup(s) chopped hazelnuts
- 1 teaspoon(s) honey

## Dressing:

- 1/3 cup(s) raspberries
- 2 tablespoon(s) extra-virgin olive oil
- 1 tablespoon(s) balsamic vinegar
- 1 tablespoon(s) water
- 1 teaspoon(s) Dijon mustard
- 1 clove(s) garlic
- 1/2 teaspoon(s) honey
- 1/8 teaspoon(s) salt
- Freshly ground pepper
- 2 tablespoon(s) finely chopped shallots

## Salad:

- 10 cup(s) mesclun salad greens
- 1 cup(s) blackberries, raspberries and/or blueberries
- 1/2 cup(s) crumbled feta or goat cheese

### Directions

- To prepare nuts:** Preheat oven to 350 degrees F. Coat a small baking dish with



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cooking spray. Combine oil and honey in a small bowl. Add nuts and toss to coat. Transfer to the prepared baking dish and bake, stirring from time to time, until golden, 10 to 14 minutes. Let cool completely.

- To prepare dressing:** Combine berries, oil, vinegar, water, mustard, garlic, honey, salt and pepper in a blender or food processor. Blend until smooth. Transfer to a small bowl and stir in shallots.
- To prepare salad:** Just before serving, place greens in a large bowl. Drizzle the dressing over the greens and toss to coat. Divide the salad among 4 plates. Scatter berries, cheese and the glazed nuts over each salad; serve immediately.

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