



WellBeingMD's Mindful Kitchen

Black Raspberry Salad

Adapted from www.annies-eats.com

Yield: about 4-6 servings



Ingredients:

For the dressing:

6 oz. fresh **black raspberries**,
rinsed
3 tbsp. **red wine vinegar**
1½ tbsp. **honey**
¼ cup **olive oil**
Salt and pepper, to taste

For the spiced nuts:

1 tbsp. **butter**
1 tbsp. **brown sugar**
¼ tsp. **ground cinnamon**
Dash of **ground ginger**
Dash of **cayenne pepper**
Salt and pepper, to taste
¾ cup **chopped nuts**
(walnuts or pecans)

For the salad greens:

Mixed **salad greens**
2 oz. **goat cheese**
About 6 oz. **fresh black raspberries**
1 small **Vidalia onion**, thinly sliced

Directions:

1. To make the dressing, place the berries in a food processor or blender and puree until smooth. Pour the mixture through a fine mesh sieve, pressing out as much fruit puree as possible while removing the seeds. In a liquid measuring cup or jar, combine the blackberry puree with the vinegar, honey, and olive oil. Whisk vigorously until the mixture is well blended and smooth. Season with salt and pepper to taste. Chill until ready to use.
2. To make the spiced nuts, melt the butter in a medium skillet over medium heat. Stir in the brown sugar, cinnamon, ginger, cayenne, and salt and pepper to taste. Allow the mixture to heat for about 1 minute, then stir in the chopped nuts. Let cook, stirring occasionally, until the nuts are lightly toasted, about 5 minutes. Remove from the heat and let cool.
3. To serve, plate portions of salad greens on salad plates. Top with crumbled goat cheese, fresh black raspberries, Vidalia onion and the spiced nuts as desired. Drizzle lightly with the blackberry vinaigrette. Serve immediately.



Health Benefits of Black Raspberries - Black Raspberries contain an extremely dark pigment which allows them to be used as a colorant and gives black raspberries one of the highest antioxidant ratings in common fruits and berries. Rich in ellagic acid, anthocyanins and antioxidants, black raspberries have been called the “king of berries” for their superior health benefits.

Studies at Ohio State University have found significant decreases in colon tumors in rats and esophageal tumors in mice fed a diet with black raspberries. In vitro studies have shown that extracts of raspberries and blackberries may slow the growth of breast cervical, colon and esophageal cancers. Human clinical trials are underway to assess the effects of black raspberries on colon and esophageal cancers in humans.

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Home of “The Mindful Kitchen”

11950 S. Harlem Avenue - Palos Heights, IL 60463 - 708.448.9450

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