

## METABOLIC NUTRITION PROGRAM

### Chopped Salad with Spiced Pecans and Light Vinaigrette - 4 servings

Adapted from [www.LHJ.com](http://www.LHJ.com)

**Serving size:** 1.5 cups

**Per Serving** 168 Calories, 2.2 gm Protein, 12.8 gm Fat

#### For the salad

6 cups assorted lettuce greens, washed and dried

¼ cucumber, peeled, diced into 1/2-inch size

1 red radish, sliced thinly

½ ripened tomato, diced into 1/2-inch size

¼ red bell pepper, diced into 1/2-inch size

2 oz green beans, cut into 1 inch

¼ cup canned corn + 1 tsp olive oil for cooking

2 tsp chives, chopped

1 tsp chopped fresh tarragon

1 tsp chopped fresh parsley

#### For the pecans

¼ cup pecans

1.5 tsp honey

1.5 tsp brown sugar

¼ tsp store-bought Cajun spice

#### For the dressing

2 Tbsp apple cider vinegar or white vinegar

1 Tbsp lemon juice

1 Tbsp shallot, finely chopped

2 Tbsp canola oil

Salt and pepper to taste

Nutrition Facts	
Serving Size: 1 serving (169.2g)	
Servings: 1	
Amount Per Serving	
Calories 170	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 7g	
<b>Protein</b> 2g	
Vitamin A 30%	• Vitamin C 40%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories.	

#### Directions

- For the salad components, wash all the lettuces and tear into bite-size pieces. Blanch the fresh green beans in salted boiling water for five minutes. Place in a bowl of iced water to stop the cooking process. Drain and set aside. Pan-roast the corn kernels on a preheated sauté pan with olive oil. Season with salt and pepper to taste and set aside.
- Meanwhile, toss the pecans, honey, brown sugar, and Cajun spice in a bowl and place on a cookie sheet lined with aluminum foil. Bake in a preheated oven (250 degrees) for 30 minutes. Toss every 10 minutes. Set aside to cool.
- For the dressing, combine the vinegar, lemon juice, and shallots in a bowl with a whisk. Slowly whisk in the canola oil. Season with salt and pepper.
- To assemble, in a large mixing bowl, place all the salad greens. Add all the chopped vegetables and herbs. Add the candied pecans. Pour just enough dressing to slightly coat the salad. Season with salt and pepper. Toss lightly and serve immediately.