**Orange-Almond Salad**

Serves 4

**Ingredients**

3 cups assorted salad greens

2 navel oranges, peeled and sectioned

½ cup celery, thinly chopped

2 tablespoons green onion, chopped

¼ cup cider vinegar

¼ cup Splenda

2 teaspoons olive or canola oil

¼ cup toasted slivered almonds

¼ cup dried cranberries (optional; not in nutrition information)

**Directions**

1. Combine salad greens, orange sections, celery, and green onions in a large bowl.

2. Combine vinegar, Splenda, and oil in a small mixing bowl; stir until well blended. Drizzle over greens immediately before serving.

3. To serve, garnish with toasted almonds and dried cranberries (if desired). Serve immediately.

**Nutrition Information**: Per 1½ cup Serving: Calories 110, Total Fat 6g (Saturated Fat 0g, Trans Fat 0g) Cholesterol 0mg, Sodium 25mg, Total Carbohydrate 14g (Dietary Fiber 4g, Sugars 8g), Protein 3g.

*Source: Dining with Diabetes—West Virginia University Extension Service, 2003*