

Asian Salad with Sweet and Sour Vinaigrette (4 servings)

Salad:

1 papaya

1 guava

1 Asian pear

1 pound spring mix salad

4 oz Gout cheese

Vinaigrette:

1 tsp mustard

2 tsp Balsamic vinegar

1 tsp low sodium soy sauce

1 tsp honey

1/8 tsp ground black pepper

1/4 cup olive oil

Combine mustard, balsamic vinegar, soy sauce, honey, salt and pepper in a mixing bowl. Drizzle in olive oil, whisking to an emulsion. Set aside. Wash the papaya, guava and the Asian pear and cut into thin slices. Put the spring mix salad in a large bowl. Toss with dressing. Mound on a platter. Place fruit slices on top. Sprinkle with chunks of goat cheese and serve.

One Serving equals three 5 a Day servings!