



Seasonal Salad

Servings 4 | Prep time 10 mins. | Total time 10 mins.

Equipment: Cutting board, Large bowl, Measuring cups and spoons

Utensils: Knife, Whisk or fork, Tongs or forks for salad tossing

Ingredients

For dressing:

1/3 cup vinegar (raspberry, apple cider, or balsamic would all work)

1 teaspoon Dijon mustard

1/2 teaspoon salt

1 tablespoon sugar or honey

1/2 cup olive or vegetable oil

For salad:

1 pound salad greens (spinach, kale OR any type of lettuce), washed and patted dry, torn or chopped into bite size pieces

2 cups fruit, washed and cut into bite-size pieces (fresh strawberries or canned pears or mandarin oranges would all work. We recommend buying fruit according to what's in season)

1/2 cup nuts (pecans, cashews, peanuts OR sunflower seeds)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a large bowl, combine dressing ingredients and whisk together with a fork or whisk until well combined.
3. Add salad greens, fruit, and nuts to bowl. Gently toss together.

Nutritional Information:

Calories 400

Total Fat 38g

Sodium 710mg

Total Carbs 15g

Protein 5g