



Purple Power Salad

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

Equipment: Cutting board, Small jar or container with lid, Large mixing bowl

Utensils: Knife, Measuring spoons, Measuring cups, Tongs or fork and spoon

Ingredients

Dressing

1/3 cup olive or vegetable oil

3 tablespoons vinegar (red or white wine, balsamic, or apple cider)

2 teaspoons honey or maple syrup

2 teaspoons Dijon mustard

1/8 teaspoon pepper

Salad

4 cups purple or red leaf lettuce or cabbage, chopped

1 cup sliced plums, blackberries and/or red grapes

1 small red onion, thinly sliced (optional)

½ cup low-sodium pickled beets, drained and sliced

Instructions

1. Before you begin, wash your hands, surfaces, utensils and vegetables.
2. Combine all of the dressing ingredients in a small jar or container with a tight-fitting lid, cover and shake well.
3. In a large mixing bowl, combine the lettuce, fruit, beets, and onion, if using.
4. Drizzle the dressing over the salad and toss gently.

Nutritional Information:

Calories 210 Total Fat 18g Sodium 100mg Total Carbs 12g Protein 1g