



Seasonal Salad

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

Equipment:

Cutting board
Large bowl

Utensils:

Knife
Measuring cups and spoons
Whisk or fork
Tongs or forks for salad tossing

Ingredients

For dressing

1/3 cup vinegar (white, apple cider, balsamic, or red wine)
1 teaspoon Dijon mustard
1/2 teaspoon salt
1 tablespoon sugar OR honey
1/2 cup olive oil OR vegetable oil

For salad

1 pound salad greens (spinach, kale or any type of lettuce), patted dry and chopped
2 cups fruit, cut into bite-sized pieces (strawberries, pears, oranges, etc.)
1/2 cup unsalted nuts (pecans, cashews, peanuts), chopped OR 1/2 cup unsalted 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