



Purple Power Salad

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

Equipment:

Cutting board
Grater
Colander
Medium saucepan

Utensils:

Knife
Measuring cups and spoons

Ingredients

Dressing

1/3 cup olive oil OR vegetable oil
3 tablespoons vinegar (red wine, balsamic, or apple cider)
2 teaspoons honey OR maple syrup
2 teaspoons Dijon mustard
1/8 teaspoon black pepper

Salad

4 cups (purple or red leaf) lettuce OR cabbage, chopped
1 cup purple fruit, sliced (plums, blackberries, red grapes, etc.)
1 small red onion, thinly sliced (optional)
1/2 cup canned pickled beets, drained and sliced

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
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 gently toss.

Nutritional Information:

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