



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

Nutritional Information:

Calories 210

Total Fat 18g

Sodium 100mg

Total Carbs 12g

Protein 1g

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.