



Salad with Balsamic Vinaigrette

Storage instructions: Store dressing in a sealed jar. Keep up to one week refrigerated.

U.S.

For the Vinaigrette:

1/2 cup	Olive Oil
1/4 cup	Balsamic Vinegar
1 Tbsp	Dijon Mustard
1 Tbsp	Honey
1 tsp	Garlic Powder
1/2 tsp	Thyme, dried
1/2 tsp	Oregano, dried
1/2 tsp	Salt
To taste	Black Pepper, ground

Metric

120 mL
60 mL
15 g
21 g
3 g
0.5 g
0.5 g
3 g
To taste

For the Salad:

6 cups	Mixed Greens	120 g
1 Tbsp	Almonds, sliced	5 g
1 each	Carrot, peeled, grated or cut into half moons	1 each
1/4 cup	Green Onion, thinly sliced	25 g
1 each	Celery Stalk, thinly sliced	1 each

Preparation:

For the Vinaigrette:

1. Gather all ingredients and equipment.
2. In a small container with a lid (such as a jar), combine all ingredients. Shake well to combine.
3. Refrigerate and use as needed. Shake well before each use.

For the Salad:

1. Wash and dry greens, place in a large bowl.
2. Top with almonds, carrot, green onion and celery.
3. Right before service, toss with 1/3 cup of the balsamic vinegar.

**** Nutrition Facts on Reverse**

9/3/20

Nutrition Facts

3 Servings

Serving size **2 cups**

Amount per serving

Calories **190**

Total Fat 16 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 11 g

Cholesterol 0 mg

Sodium 240 mg

Total Carbohydrate 11 g

 Dietary Fiber 3 g

 Total Sugars 6 g

 Includes 2 g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 6 %

Iron 9 %

Potassium 400 mg

Phosphorus 60 mg
