



Salad with Red Wine Vinaigrette

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

U.S.

For the Vinaigrette:

1/2 cup	Olive Oil
1/4 cup	Red Wine 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	Kosher 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:

8 cups	Mixed Greens, such as mesclun or spring mix	160 g
1/4 cup	Sunflower Seeds, toasted	35 g
1 each	Carrots, peeled, grated or cut into thin half moons	1 each
2-3 stalks	Green Onion, thinly sliced	2-3 stalks
1/4 cup	Feta Cheese, crumbled	28 g

Preparation:

For the Vinaigrette:

1. Gather all ingredients and equipment.
2. In a small container with a lid (such as a jar), combine oil, vinegar, mustard, honey, and seasonings. 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. To toast the sunflower seeds: heat a small skillet over medium-high heat and add the seeds. Stir occasionally until fragrant and brown, about 2-3 minutes. Pay close attention as they will go from golden brown to burnt very quickly.
3. Top the greens with sunflowers seeds, carrots, green onion, and crumbled feta cheese.
4. Right before serving, toss with 1/3 cup of the vinaigrette.

****Nutrition Facts on Reverse**

8/31/20

Nutrition Facts

8 Servings

Serving size 1 cup

Amount per serving

Calories 90

Total Fat	7 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	4 mg
Sodium	135 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	2 g
Includes 1g Added Sugars	
Protein	1 g
Vitamin D	0 %
Calcium	4 %
Iron	2 %
Potassium	105 mg
Phosphorus	30 mg
