

MIXED GREEN SALAD WITH LEMON-HERB VINAIGRETTE

Mixed greens tossed with fresh seasonal vegetables, bathed in a light lemon-herb vinaigrette dressing.

🕒 5 minutes

🕒 30 minutes

🍴 8 salads

INGREDIENTS

- 3/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup lemon juice (roughly two lemons)
- 2 tablespoons lemon zest, finely grated (roughly two lemons)
- 1 teaspoon honey
- 3 cloves raw garlic, smashed and minced
- 1 teaspoon dried basil
- 1 teaspoon dried tarragon
- 1 teaspoon dried dill
- 1 teaspoon Kosher salt
- 1 teaspoon freshly ground black pepper
- 1 medium apple, thinly sliced
- 1 small red onion, thinly sliced (soaked in ice water if you prefer a milder onion taste)
- 10 ounces spring salad greens (arugula, spinach, radicchio)
- 2 tablespoons sunflower seed kernels, roasted and salted
- 1/4 cup dried cranberries

COOKING METHOD

- 1° To make the dressing; In a large bowl, combine the first eleven ingredients (stop at black pepper) together until combined. Let set for at least 15 minutes so that the flavors can meld. Dressing can be made a day in advance and stored in the refrigerator.
- 2° Toss together the apple, onions, salad greens, sunflower seeds, and cranberries in a large bowl. Add dressing and toss to combine. Additional dressing can be served on the side.

NUTRITIONAL INFORMATION

	PER 100 g	PER SALAD (115 g)	% DRI
ENERGY	202 kcal	232 kcal	12 %
FAT	18 g	21 g	32 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	14 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	279 mg	321 mg	13 %
CARBOHYDRATE	10 g	12 g	4 %
SUGARS	6 g	7 g	—
FIBER	2 g	2 g	8 %
PROTEIN	1 g	2 g	—