

# Seasonal Berry Salad with Balsamic Vinaigrette



*This salad is versatile and can be made with any combination of fresh fruit, cheese and nuts you have on hand. The quick to make homemade vinaigrette allows you to control the ingredients in your dressing, making it healthier than store-bought varieties.*

<b>YIELD</b> <b>8 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
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## INGREDIENTS

*For Vinaigrette:*

½ cup	Extra Virgin Olive Oil
¼ cup	Balsamic Vinegar
1 Tbsp	Dijon Mustard
1Tbsp	Honey
1tsp	Garlic Powder
½ tsp	Thyme, dried
½ tsp	Oregano, dried
½ tsp	Salt, Kosher
To taste	Black Pepper, ground

*For the Salad:*

8 cups	Mixed Greens or Baby Spinach
1 pint	Strawberries, sliced or Blueberries (or a combination)
¼ cup	Parmesan Cheese, shaved
¼ cup	Walnuts or Pecans, toasted and chopped

## CHEF'S NOTES

Adding fruit to salads is a great way to help you get all your daily servings. This salad works well with berries but you can also use any seasonal fruit you like. Here are some additional ideas for fruit, cheese, and nut/seed combinations:

- Apples, Aged Cheddar, & Walnuts
- Peaches, Blue Cheese, & Pistachios
- Figs, Goat Cheese & Almonds
- Mango, Feta or Cotija Cheese, & Pumpkin Seeds
- Watermelon, Feta Cheese, & Sunflower Seeds

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small container with a lid (such as a jar), combine all ingredients for the dressing. Shake well to combine and set aside.
3. To assemble the salad: place the greens in a large bowl and top with the berries, cheese, and nuts.
4. Right before serving, toss with about half of the vinaigrette.
5. Refrigerate extra dressing for up to one week. Shake well before each use.

# Nutrition Facts

8 servings per container

**Serving size 1 cup dressed salad (120g)**

**Amount Per Serving**

**Calories 130**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 120mg **5%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 1g Added Sugars **2%**

**Protein** 3g **6%**

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 1.5mg 8%

Potassium 90mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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