

Salad with Red Wine Vinaigrette



This salad is our favorite go-to green salad. The simple homemade vinaigrette allows you to control the ingredients in your dressing, making it healthier than store-bought varieties.

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

For Vinaigrette:

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

For the Salad:

8 cups	Mixed Greens or Baby Spinach
¼ cup	Sunflower Seeds, toasted
1 each	Carrot, peeled and grated or cut into thin half moons
2-3 stalks	Green Onion, thinly sliced
¼ cup	Feta Cheese, crumbled

DIRECTIONS

For the Vinaigrette:

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 the oil, vinegar, mustard, honey, and seasonings. Shake well to combine and set aside until serving.

For the Salad:

1. 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 can go from golden brown to burnt very quickly.
2. Top the greens with sunflower seeds, carrots, green onion, and crumbled feta cheese.

3. Right before serving, toss with about ½ of the prepared vinaigrette.
4. Refrigerate extra dressing for up to one week. Shake well before each use.

Nutrition Facts	
8 servings per container	
Serving size 1 cup salad with 1 Tbsp dressing (93g)	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol <5mg	1%
Sodium 200mg	9%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.6mg	8%
Potassium 40mg	0%
* 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.	

CONTAINS: MILK

