

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.

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	Balsamic Vinegar
1 Tbsp	Dijon Mustard
1 Tbsp	Honey
1 tsp	Garlic Powder
½ tsp	Thyme, dried
½ tsp	Oregano, dried
½ tsp	Salt, Kosher
To taste	Black Pepper, ground

For the Salad:

8 cups	Baby Arugula or Mixed Greens
1 pint	Strawberries, sliced or Blueberries (or a combination)
¼ cup	Parmesan Cheese, shaved using a vegetable peeler (about 1 oz.)
¼ cup	Walnuts or Pecans, toasted and chopped

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 all the dressing ingredients. Shake well to combine and set aside until serving.

For the Salad:

1. To toast the walnuts: 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. Remove to a small bowl to cool slightly.
2. Top the greens with the berries, shaved Parmesan, and toasted walnuts.

Nutrition Facts Found on the Reverse Side

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

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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 dressed salad (120g)	
Amount Per Serving	
Calories	130
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
<i>Trans</i> 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.

CONTAINS: MILK, TREE NUTS

