

Chef Katie's Favorite Salad



This recipe hits all the marks; colorful, crunchy, sweet, salty, tangy and best of all, it's EASY!

YIELD 1 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

1 cup	Mixed Greens or Baby Spinach
1 cup	Cabbage, red or green, shredded
¼ each	Apple (medium), diced
1 each	Egg, hard-boiled, cut into quarters
1 Tbsp	Cherries or Cranberries, dried, unsweetened
1 Tbsp	Seeds (Pumpkin, Sunflower, Sesame), toasted
1 Tbsp	Goat Cheese, crumbled
2 Tbsp	Simple Dijon Vinaigrette (see separate recipe)

CHEF'S NOTES

Both the vinaigrette and toasted seeds will last for at least 2 weeks. Having these ingredients on hand makes whipping up this salad a snap – which comes in handy if you're feeling hangry but want something healthy!

Switching up the type of greens, lean protein, dried fruit and cheese makes it feel like you're not eating the same salad over and over.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Add greens and cabbage to a medium bowl and top with apples, egg, cherries, seeds, and goat cheese.
3. Pour the dressing over and toss to combine. Enjoy immediately!

Nutrition Facts

1 servings per container

Serving about 3 cups salad with 2 Tbsp

Size dressing (310 g)

Amount per serving

Calories **290**

% Daily Value *

Total Fat 15g **20%**

Saturated Fat 5g **24%**

Trans Fat 0g

Cholesterol 195mg **64%**

Sodium 340mg **15%**

Total Carbohydrate 28g **10%**

Dietary Fiber 5g **18%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

Protein 12g **24%**

Vitamin D 1mcg 6%

Calcium 80mg 6%

Iron 1mg 8%

Potassium 300mg 6%

*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.

