

Salad with Lemon Vinaigrette



This simple dressing packs bold flavor and is great to have on hand for fast salads where you control the type of fat, added sugar and sodium.

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

For the Dressing:

½ cup	Extra Virgin Olive Oil
2 each (¼ cup)	Lemon, juiced and zested
2 cloves	Garlic, minced
1 tsp	Honey
⅛ tsp	Kosher Salt
To Taste	Black Pepper

For the Salad:

8 cups	Mixed Greens or Baby Spinach
1 cup	Cherry Tomatoes, whole or halved
1 medium	Cucumber, sliced
¼ cup	Walnuts, toasted, chopped

CHEF'S NOTES

Try this dressing on any combination of your favorite salad greens, vegetables or as a marinade.

If not eating the salad right away, leave the dressing on the side and dress right before serving.

Dressing Storage Instructions: Store in a sealed jar in the refrigerator for up to one week.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small jar, combine all of the ingredients for the dressing and shake well to combine, set aside.
3. Rinse the salad greens and dry them. In a large bowl, place the greens and top with the tomatoes and cucumber.
4. To toast the walnuts, heat a small skillet over medium heat and add the nuts. Stir or toss occasionally until fragrant and brown, about 2-3 minutes. Pay close attention as they can go from golden brown to burnt very quickly. Allow to cool and then add them to the salad.
5. To serve: add ½ cup of the dressing to the salad and gently toss to combine.

Nutrition Facts

8 servings per container

Serving 1 cup salad with 1 Tbsp

Size dressing (117 g)

Amount per serving

Calories 110

% Daily Value *

Total Fat 11g 14%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 0%

Total Carbohydrate 5g 0%

Dietary Fiber 2g 6%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g 3%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.22mg 0%

Potassium 100mg 3%

*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.

Recipe adapted from *Health meets Food*: Salad with Lemon Vinaigrette (10/1/18)



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