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.

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<th>YIELD</th>
<th>8 SERVINGS</th>
<th>PREP TIME</th>
<th>5 MIN</th>
<th>TOTAL TIME</th>
<th>15 MIN</th>
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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.
Recipe adapted from Health meets Food: Salad with Lemon Vinaigrette (10/1/18)