

Salad with Red Wine Vinaigrette



This salad is our favorite go-to green salad. It's the perfect salad for pairing with richer dishes or bowls of pasta. 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:

1/2 cup	Extra Virgin Olive Oil
1/4 cup	Red Wine Vinegar
1 Tbsp	Dijon Mustard
1 Tbsp	Honey
1 tsp	Garlic Powder
1/2 tsp	Thyme, dried
1/2 tsp	Oregano, dried
1/2 tsp	Kosher Salt
To taste	Black Pepper, ground

For the Salad:

8 cups	Mixed Greens or Baby Spinach
1/4 cup	Sunflower Seeds, toasted
1 each	Carrot, peeled and grated or cut into thin half moons
2-3 stalks	Green Onion, thinly sliced
1/4 cup	Feta Cheese, crumbled

DIRECTIONS

For the Vinaigrette:

1. Gather all ingredients and equipment.
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. Wash and dry greens; place in a large bowl.
2. 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.
3. Top the greens with sunflowers seeds, carrots, green onion, and crumbled feta cheese.
4. Right before serving, toss with about 1/4 cup of the vinaigrette.
5. Refrigerate extra dressing for up to one week. Shake well before each use.

Red Wine Vinaigrette

Nutrition Facts	
8 servings per container	
Serving Size	2 Tbsp (28 g)
Amount per serving	
Calories	130
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 3g	0%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0.15mg	0%
Potassium 9mg	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.

Salad with Red Wine Vinaigrette

Nutrition Facts	
8 servings per container	
Serving Size	1 cup salad with 1 Tbsp dressing (54 g)
Amount per serving	
Calories	80
% Daily Value *	
Total Fat 7g	8%
Saturated Fat 1g	6%
<i>Trans</i> Fat 0g	
Cholesterol less than 5 mgmg	0%
Sodium 125mg	5%
Total Carbohydrate 4g	0%
Dietary Fiber 1g	5%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.23mg	0%
Potassium 66mg	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.

Recipe adapted from *Health meets Food*: Salad with Red Wine Vinaigrette (6/3/20)

