

# Seasonal Berry Salad with Simple 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	PREP TIME	TOTAL TIME
6 SERVINGS	5 MIN	15 MIN

## INGREDIENTS

*For Vinaigrette:*

½ cup	Extra Virgin Olive Oil
¼ cup	Red Wine or Balsamic Vinegar
1 Tbsp	Dijon or Creole 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:*

4 cups	Mixed Greens or Baby Spinach
1 pint	Strawberries, sliced or Blueberries (or a combination)
¼ cups	Parmesan, shaved
2 Tbsp	Walnuts or Pecans, chopped



## 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

## DIRECTIONS

1. Gather all ingredients and equipment.
2. In a small container with a lid (such as a jar), combine all ingredients for the dressing. Shake well to combine and set aside.
3. To assemble the salad: place the greens in a large bowl and top with the berries, cheese, and nuts.
4. Right before serving, toss with 1/3 cup of the vinaigrette.
5. Refrigerate extra dressing for up to one week. Shake well before each use.

# Nutrition Facts

6 servings per container

**Serving** 3/4 cup salad & 1 Tbsp

**Size** dressing (89 g)

Amount per serving

**Calories** 120

% Daily Value \*

**Total Fat 10g** 13%

Saturated Fat 2g 9%

*Trans* Fat 0g

**Cholesterol less than 5 mgmg** 0%

**Sodium 170mg** 8%

**Total Carbohydrate 6g** 2%

Dietary Fiber 2g 6%

Total Sugars 4g

Includes 1g Added Sugars 1%

**Protein 2g** 4%

Vitamin D 0.02mcg 0%

Calcium 80mg 6%

Iron 0.92mg 5%

Potassium 200mg 4%

\*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.

