



Salad with Lemon Vinaigrette



Ingredients (Serves 8)

For the dressing:

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 1 tsp honey
- 1/8 tsp salt, Kosher
- To taste black pepper, ground

For the salad:

- 8 cups mixed greens
- 1/4 cup walnuts
- 1 medium carrot, peeled, grated or cut into half moons
- 1 each cucumber, sliced
- 1 bunch green onion, thinly sliced
- 1/4 cup feta cheese, crumbled

Directions

For the dressing:

1. In a small container with a lid (such as a jar), combine all ingredients. Shake well to combine.
2. Refrigerate and use as needed. Shake well before each use.

For the salad:

1. Place mixed greens in a large bowl and top with walnuts, carrot, cucumber, green onion, and feta.
2. Right before service, toss with 2/3 cup of dressing.

NUTRITION FACTS

Serving Size: 1 cup
Servings: 8

Amount per serving

Calories: 150
Calories from fat: 120
Total fat: 13g
Saturated fat: 2.5g
Trans fat: 0

Monounsaturated fat: 6g
Cholesterol: 5mg
Sodium: 105mg
Carbohydrates: 7g
Dietary Fiber: 2g
Sugars: 4g

Protein: 4g
Vitamin A: 25%
Calcium: 6%
Vitamin C: 4%
Iron: 2%
Phosphorus: 63mg