



Garden Salad

8 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 small head of broccoli
- 1 small head of lettuce, chopped
- 2 stalks celery, thinly sliced
- 2 whole carrots, shredded
- 1 cup cherry tomatoes, halved
- ½ cup fresh parsley, chopped
- Juice from 2 lemons
- ½ cup extra virgin olive oil
- 1 teaspoon honey
- ½ teaspoon salt
- Freshly ground black pepper, to taste
- ½ cup raw sunflower seeds

DIRECTIONS

1. Slice around the stalk of the broccoli head to remove the florets. Bring a pot of water to a boil. Meanwhile, prepare an ice bath by combining ice and water in a large bowl. Once the water is boiling, add the broccoli florets and boil for 30 seconds. Remove from heat, drain, and immediately place into the ice bath. Let sit for 10 seconds, then remove the florets and dry. Place the broccoli florets into a large salad bowl.
2. Add the lettuce, celery, carrots, tomatoes, and parsley to the bowl.
3. In a mason jar, add the lemon juice, oil, honey, salt, and pepper. Seal and shake vigorously to combine. Pour just enough vinaigrette over the salad to coat the leaves lightly.
4. Toss gently to mix and sprinkle with sunflower seeds.

Nutrition Facts	
8 servings per container	
Serving size about 1 cup	
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 2mg	10%
Potassium 481mg	10%

*The % Daily Value 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.

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