



Fresh Vegetable Salad

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 3 cups leafy greens of choice (kale, spinach, butter lettuce, romaine lettuce, arugula)
- ½ cup red bell pepper, chopped
- ½ cup carrots, shredded
- ½ cup cherry tomatoes, halved
- ¼ cup red onion, thinly sliced
- Optional: nuts, avocado, or shredded cheese
- ¼ cup lemon juice
- ¼ cup olive oil
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- Salt and pepper, to taste

DIRECTIONS

1. In a large bowl, combine leafy greens, red bell pepper, carrots, cherry tomatoes, and red onions. If you are using optional ingredients, add them to the bowl.
2. In a mason jar, combine lemon juice, olive oil, garlic, mustard, honey, salt, and pepper. Mix well to combine.
3. Drizzle dressing over the salad and toss to coat evenly.

Nutrition Facts

4 servings per container
Serving size 1 cup (108g)

Amount per serving
Calories 150
% Daily Value*

Total Fat	14g	18%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	7%
Total Sugars	3g	
Includes 1g Added Sugars		2%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	23mg	2%
Iron	1mg	6%
Potassium	225mg	4%

*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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