



Salad with Balsamic Vinaigrette

Storage instructions: Store dressing in a sealed jar. Keep up to one week refrigerated.

U.S.

For the Vinaigrette:

1/2 cup	Olive Oil
1/4 cup	Balsamic 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	Salt, Kosher
To taste	Black Pepper, ground

Metric

120 mL
60 mL
15 g
21 g
3 g
0.5 g
0.5 g
3 g
To taste

For the Salad:

6 cups	Mixed Greens	120 g
2 Tbsp	Almonds, sliced	10 g
1 each	Carrot, peeled, grated or cut into half moons	1 each
1/4 cup	Green Onion, thinly sliced	25 g
1 each	Celery Stalk, thinly sliced	1 each

Preparation:

For the Vinaigrette:

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

For the Salad:

1. Wash and dry greens, place in a large bowl.
2. Top with almonds, carrot, green onion and celery.
3. Right before service, toss with 1/3 cup of the balsamic vinegar.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 cup
Servings	6
Calories	130
Calories from Fat	90
Total Fat	10 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	6 g
Cholesterol	0 mg
Sodium	550 mg
Carbohydrates	9 g
Dietary Fiber	5 g
Sugars	2 g
Protein	3 g
Vitamin A	35 %
Calcium	2 %
Vitamin C	2 %
Iron	2 %
Phosphorus	8 mg
