



Salad with Lemon Vinaigrette

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

U.S.

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

Metric

118.3 mL
59.2 mL
2 cloves
7 g
0.75 g
to taste

For the Salad:

8 cups	Mixed Greens	160 g
1/4 cup	Walnuts	32 g
1 medium	Carrot, peeled, grated or cut into half moons	1 medium
1 each	Cucumber, sliced	1 each
1 bunch	Green Onion, thinly sliced	1 bunch
1/4 cup	Feta Cheese, crumbled	28.3 g

Preparation:

For the Dressing:

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. 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
Calories	150
Calories from Fat	120
Total Fat	13 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	6 g
Cholesterol	5 mg
Sodium	105 mg
Carbohydrates	7 g
Dietary Fiber	2 g
Sugars	4 g
Protein	4 g
Vitamin A	25 %
Calcium	6 %
Vitamin C	4 %
Iron	2 %
Phosphorus	63 mg
