



Salad with Red Wine Vinaigrette

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

U.S.

For the Vinaigrette:

| | |
|----------|----------------------|
| 1/2 cup | Olive oil |
| 1/4 cup | Red Wine 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

| |
|----------|
| 118 ml |
| 60 ml |
| 15 g |
| 21 g |
| 3 g |
| 0.5 g |
| 0.5 g |
| 3 g |
| To Taste |

For the Salad:

| | | |
|---------|--|--------|
| 8 cups | Mixed Greens | 160 g |
| 1/4 cup | Sunflower Seeds, toasted | 35 g |
| 1 each | Carrots, peeled, grated or cut into half moons | 1 each |
| 1/4 cup | Green Onion, thinly sliced | 25 g |
| 1/4 cup | Feta Cheese, crumbled | 28 g |

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 sunflowers seeds, carrot, green onion, and feta cheese.
3. Right before serving, toss with 1/3 cup of the vinaigrette.

Nutrition Facts

8 Servings

Serving size **1 cup**

Amount per serving

Calories **90**

Calories from Fat 60

Total Fat 7 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 4 g

Cholesterol 4 mg

Sodium 135 mg

Total Carbohydrate 3 g

 Dietary Fiber 1 g

 Total Sugars 2 g

 Includes 1g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 4 %

Iron 2 %

Potassium 105 mg

Phosphorus 30 mg
