



Spinach, Berry & Parmesan Salad

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

U.S.

Metric

For Vinaigrette:

1/2 cup	Olive Oil	118 mL
1/4 cup	Red Wine Vinegar	60 mL
1 Tbsp	Dijon Mustard	15 g
1 Tbsp	Honey	21 g
1 tsp	Garlic Powder	1 g
1/2 tsp	Thyme, dried	0.5 g
1/2 tsp	Oregano, dried	0.5 g
1/2 tsp	Salt, Kosher	3 g
to taste	Black Pepper, ground	to taste

For the Salad:

4 cups	Spinach	120 g
1 pint	Strawberries or Blueberries	450 g
1/4 cup	Parmesan, shaved	25 g
2 Tbsp	Walnuts, chopped	16 g

Preparation:

1. Gather all ingredients and equipment.
2. In a small container with a lid (such as a jar), combine all ingredients for dressing. Shake well to combine.
3. Refrigerate and use as needed. Shake well before each use.
4. Put greens in a large bowl and top with berries, parmesan, and walnuts.
5. Right before service, toss with 1/3 cup of the red wine vinaigrette.

****Nutrition Facts on Reverse**

10/27/16

Nutrition Facts**Serving size** **3/4 cup****Servings** **6****Calories** 70

Calories from Fat 40

Total Fat 4.5 g

Saturated Fat 0.5 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 5 mg

Sodium 170 mg

Carbohydrates 5 g

Dietary Fiber 1 g

Sugars 4 g

Protein 2 g

Vitamin A 40 %

Calcium 6 %

Vitamin C 10 %

Iron 4 %

Phosphorus 40 mg
