

Pep Up Your Meal with a Salad!



Dinner Salad

Serves: 4 | Serving Size: 1 cup

Ingredients:

1 cup cherry tomatoes, cut in half
1/4 cup sliced radishes
4 cups Bibb or Romaine or leaf lettuce, washed,
dried, and diced
1 teaspoon olive oil
1 tablespoon red wine vinegar
1 tablespoon fresh sliced basil
Black pepper, freshly cracked, to taste
Garlic parsley blend

Directions:

Combine all ingredients in a large bowl and mix well.

Serve immediately in chilled bowls or plates.

Nutrition Information:

Serves 4. Each serving has 27 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 9 mg sodium, 3 g carbohydrate, 2 g dietary fiber, 2 g sugar, and 1 g protein.

Each serving also has 89% DV vitamin A, 13% DV vitamin C, 2% DV calcium, and 5% DV iron.

Chef's Tips:

Feel free to substitute any seasonal produce into this salad. For example, beefsteak tomatoes were looking great at the market, so they replaced cherry tomatoes in the photo above.

Add a few slices of toasted baguette to your plate to add heft to the salad.

Garnish the salad with chopped fresh herbs like dill and parsley.

Olive oil also makes a nice garnish.

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