

Speedy Greek Salad V* GF

INGREDIENTS

- 1 head romaine or other leaf lettuce
- ½ small red onion, thinly sliced
- 1 small cucumber, cubed
- 3 oz. feta cheese
 - *omit to make vegan
- 8-10 Greek olives, optional
- 2 Tbsp. olive oil
- 1 Tbsp. vinegar (red wine preferred)
- Dash dry mustard or oregano, optional
- 1 clove garlic, minced
- Freshly ground black pepper, to taste
- Cherry tomatoes

DIRECTIONS

1. Wash greens and spin dry. Roughly chop.
2. Add onion, cucumber, cheese and olives. Toss gently.
3. Whisk together oil, vinegar, garlic and spices, and toss with salad. Garnish with cherry tomatoes.



NUTRITION FACTS *4 side servings*

Calories: 155	Total Carbohydrate: 7 g
Fat: 12 g	Dietary fiber: 2 g
Sodium: 727 mg	Protein: 4 g

Superfood Salad V GF

INGREDIENTS

- 1 bunch kale, stems removed, leaves chopped
- 8 oz. frozen shelled edamame (soybeans), thawed
- ¼ cup red onion, thinly sliced
- 1 cup shredded carrots
- ⅔ cup fresh blueberries
- ½ cup dried cranberries
- ½ cup shelled sunflower seeds
- ½ cup cashew pieces (optional)

DIRECTIONS

1. Whisk dressing ingredients until sugar is dissolved and set aside.
2. Cook edamame according to package directions. Drain and cool.
3. Toss salad ingredients together. Pour half the dressing over the mixture and toss to coat.
4. Refrigerate 4-6 hours to let flavors blend.
5. Serve with remaining dressing on the side.

DRESSING

- 3 Tbsp. sugar
- ¼ cup vinegar, balsamic vinegar preferred
- ¼ cup olive oil, extra virgin preferred
- ½ tsp. salt
- ¼ tsp. pepper

NUTRITION FACTS

<i>8 servings</i>
Calories: 244
Fat: 13 g
Sodium: 75 mg
Total Carbohydrate: 27 g
Dietary fiber: 2.5 g
Protein: 7.5 g