



Recipe: Chopped Salad

Servings: 4

Serving Size: 1.5 cups

Ingredients:

6 cups chopped non-starchy vegetables

- Recipe suggestion: 2 medium cucumbers, 1 small carton grape tomatoes, 1 bunch parsley

1/4 c. apple cider vinegar (white or balsamic vinegar will work too)

4 tbsp. olive or vegetable oil

1.5 tsp. Dijon mustard

1 tsp. honey

4 tbsp. pepitas (optional)

Directions:

1. Rinse vegetables and herbs under running water to remove any dirt and germs
2. Chop vegetables into bite-sized pieces and put in large bowl
3. Whisk together vinegar, oil, mustard and honey
4. Add dressing to chopped vegetables in bowl
5. Stir to coat vegetables with dressing
6. Top each serving with 1 tbsp. pepitas, if desired

Nutrition for one serving with pepitas (estimated, may vary slightly with vegetable choice):

Calories: 217 Total Fat: 19g Sat. Fat: 2g Sodium: 59mg

Carbohydrates: 9g Protein: 3g Fiber: 2g