

## Mixed Greens Salad

Makes 8 servings



### Ingredients

- 8 cups of mixed greens- torn
- 4 cups of butter lettuce- torn
- 4 cups of romaine lettuce- torn
- 1 cup of grape tomatoes
- 2 oranges peeled, half wedges
- ½ a red onion
- ¼ cup of basil
- 1-2 yellow bell peppers
- 2 lemons- thily sliced
- pepper to taste
- ¼ cup of olive oil
- 2½ tsp of olive oil
- 2½ tsp of red wine vinegar
- 1 tbsp of honey
- 1½ tsp of red onion
- ¼ tsp of salt
- ½ tsp of dry mustard
- ⅛ tsp of pepper

### Directions

- ⌘ Whisk last 7 ingredients in food processor
- ⌘ Toss dressing with first 6 salad staples. Place on individual dinner plates
- ⌘ Garnish with remaining salad ingredients
- ⌘ Serve immediately

### Nutrients (approximately)

121 Calories per serving,  
Fat 7.2g, Saturated Fat 1g, Cholesterol 0mg, Sodium 70mg,  
Carbohydrates 15.1g, Fiber 5.6g, Sugars 9.1g, Protein 2.5g

Share this recipe with a friend!

## Mixed Greens Salad

Makes 8 servings



### Ingredients

- 8 cups of mixed greens- torn
- 4 cups of butter lettuce- torn
- 4 cups of romaine lettuce- torn
- 1 cup of grape tomatoes
- 2 oranges peeled, half wedges
- ½ a red onion
- ¼ cup of basil
- 1-2 yellow bell peppers
- 2 lemons- thily sliced
- pepper to taste
- ¼ cup of olive oil
- 2½ tsp of olive oil
- 2½ tsp of red wine vinegar
- 1 tbsp of honey
- 1½ tsp of red onion
- ¼ tsp of salt
- ½ tsp of dry mustard
- ⅛ tsp of pepper

### Directions

- ⌘ Whisk last 7 ingredients in food processor
- ⌘ Toss dressing with first 6 salad staples. Place on individual dinner plates
- ⌘ Garnish with remaining salad ingredients
- ⌘ Serve immediately

### Nutrients (approximately)

121 Calories per serving,  
Fat 7.2g, Saturated Fat 1g, Cholesterol 0mg, Sodium 70mg,  
Carbohydrates 15.1g, Fiber 5.6g, Sugars 9.1g, Protein 2.5g