

## Green Salad

1 serving

### Ingredients;

2-2/1/2 C Spring Mix, or other salad greens

2 -3Tb Classic Vinaigrette (see our recipe online)

Salt, pepper to taste

### Directions;

Wash the salt greens under cold running water. Use salad spinner after washing or use paper towel to absorb some waters so the salad dressing sticks to the greens.

Place salad greens in a bowl, and just before serving add the salad dressing.

Use two forks or two spoons, to turn and toss the salad. You want to turn salad leaves over and aver several times so all the leaves are lightly coated with the dressing.

Taste a leaf, and if needed add more salt or vinegar. Serve at once.

### Salads

When preparing salad look for freshest greens with crisp leaves and use them within few days of purchasing. If you not preparing salad green at once, place greens into plastic bag and add piece of paper towel, to avoid spoilage. Remember to always wash the greens before consuming. To avoid spoilage wash only what you will use, and store the rest, in refrigerator.

Salad greens are low in calories, provide dietary nutrients, such as vitamins, minerals to support healthy body. In comparison to vegetables, two cups of greens have the nutritional equivalent of a one cup serving of vegetables.

When making salad choose your salad dressing wisely. Salad dressings can add fat, sugar, and calories. Best is to choose oil-based dressings or simple oil and vinegar with some herbs for added flavor. Measure the portion and aim for no more than 2 -3 tablespoons of dressing per serving. Using creamy salad dressing for spring mix will weight down and crush the delicate leaves . Creamy salad dressings are best with Iceberg, or Romaine lettuce.

Remember to add dressing just before serving or greens will wilt.

Nutritional value;1 cup mixed salad greens (this will vary depending on variety of greens used)

Calories 10-20

Carbs 3-5

Vitamin C 15% daily value

Vitamin A 50%-80% daily value

Vitamin K 30%-40% daily valu