

Spring Harvest Salad

Servings: 8

Serving Size: 1 cup



Ingredients:

- 5 cups torn spring leaf lettuce
- 2 1/2 cups spinach leaves
- 1 1/2 cups sliced strawberries
- 1 cup fresh blueberries
- 1/2 cup thinly sliced green onions
- *4 teaspoons lemon juice
- *2 1/2 tablespoons olive oil
- *1 tablespoon balsamic vinegar
- *1 1/2 teaspoons Dijon mustard
- *2 teaspoons Kentucky honey
- *1/2 teaspoon salt
- 1/4 cup feta cheese crumbles
- 1/2 cup unsalted sliced almonds

Nutrition facts per serving:

130 calories; 9g fat; 1.5g sat fat; 240mg sodium;
12g carbohydrate; 3g fiber; 7g sugar; 3g protein.



Directions:

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
2. ***Prepare dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat.
3. Sprinkle salad with feta cheese and sliced almonds.
4. Serve immediately.