H3 HOUSE SALAD

INGREDIENTS:

1 OUNCE	ROMAINE LETTUCE, WASHED, SHREDDED
1 OUNCE	SPRING MIX
3 TABLESPOONS	CUCUMBERS, CUT ON BIAS (4 PIECES EACH)
3 EACH	CHERRY TOMATOES, HALVED
1 TABLESPOON	RED ONION, SLICED THIN
½ TABLESPOON	CARROTS, GRATED
½ TABLESPOON	CELERY, SMALL DICE
1 TEASPOON	GRATED PARMESAN CHEESE

BASIL VINAIGRETTE RECIPE:

1 ½ OUNCE (WEIGHT)	FRESH BASIL LEAVES
½ CUP	WHITE BALSAMIC VINEGAR
¼ CUP	EXTRA VIRGIN OLIVE OIL
1 ½ TABLESPOON	HONEY
1 ½ TABLESPOON	DIJON MUSTARD

- PLACE ALL VINAIGRETTE INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH

METHOD:

- Prepare Basil Vinaigrette dressing as directed.
- In a mixing bowl, add greens and toss with 1 tablespoon of basil vinaigrette.
- Place dressed greens in middle of plate then surround with cucumbers and tomatoes.
- Top salad with red onion, celery, carrots and sprinkle with cheese.

Servings: 1
Serving Size: 1 salad
Calories: 80
Fat: 4 gm **Sodium:** 130 mg **Carbohydrates:** 8 gm **Protein:** 2 gm **Fiber:** 2 gm