

Balsamic Berry Vinaigrette Salad

Ingredients

Dressing:

- ¼ cup Balsamic Vinegar
- 1½ tsp Olive Oil
- 1 tsp Dijon-Style Mustard
- 2 Tbsp. Plain Fat-Free Greek Yogurt
- 1 Tbsp. Sugar-Free Strawberry Preserves
- 1 clove Garlic, minced
- ¼ tsp Salt
- ⅛ tsp Black Pepper

Salad:

- 6 cups fresh baby spinach, rinsed*
- 1 small Apple, thinly sliced
- ½ cup Pomegranate Seeds
- ½ cup Goat Cheese, crumbled*



*Optional substitutions: Swap goat cheese for blue cheese or feta, swap spinach for another green leafy lettuce

*Optional add-ins: ¼ cup chopped walnuts, toasted, your favorite chopped fruit or vegetables

Directions:

1. To prepare vinaigrette: in a small bowl, whisk together vinegar, olive oil, mustard, yogurt, preserves, garlic, salt and pepper.
2. To prepare salad: in a large serving bowl, combine spinach, apple, pomegranate seeds and cheese.
3. Drizzle salad with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

Nutrition Information (per serving):

Balsamic Berry Vinaigrette Dressing
Serving size: 2 Tbsp., Servings: 8
Calories: 35, Protein: 0g,
Carbohydrate: 3g, Sugar: 2g,
Fat: 3g, Sodium: 85mg

Nutrition Information (per serving):

Balsamic Berry Vinaigrette Salad
Serving size: 1 cup, Servings: 8
Calories: 97, Protein: 3g,
Carbohydrate: 10g, Sugar: 7g,
Fat: 5g, Sodium: 141mg

(Adapted from eatingwell.com)

Kale Caesar Salad

Ingredients

Dressing:

- ¾ cup Plain Fat-Free Greek Yogurt
- ¼ cup Parmesan Cheese
- 3 Tbsp. Olive Oil
- 3 Tbsp. Lemon Juice
- 1 ½ tsp Dijon Mustard
- 1 Garlic Clove, minced
- Salt and Pepper, to taste

Salad:

- 6 cups Kale, rinsed and chopped*

*Optional substitutions: Swap kale for another green leafy lettuce

*Optional add-ins: 1 ½ tsp Anchovy Paste or 2 Anchovy Fillets, top with Parmesan or Romano cheese, prepare your own croutons (see below), add a protein such as chicken, salmon, or tofu

Directions:

1. To prepare dressing: place all ingredients (yogurt, parmesan, olive oil, lemon juice, mustard, and garlic) in a blender or food processor. Puree until smooth and emulsified. Add salt and pepper, to taste.
2. In a large bowl, drizzle dressing over rinsed and chopped kale, and toss. Top with cheese or croutons, as desired.
3. Optional croutons: Over low-heat, melt 2 Tbsp. butter in a sauce pan. Add 2 cups bread cubes and toss gently until coated. Let the bread sit for 2 minutes, then flip the pieces over. Keep tossing and turning until the bread is brown all over.

Nutrition Information (per serving):

Caesar Dressing
Serving size: 2 Tbsp., Servings: 6
Calories: 96, Protein: 5g,
Carbohydrate: 2g, Sugar: 1g,
Fat: 8g, Sodium: 91mg

Nutrition Information (per serving):

Kale Caesar Salad
Serving size: 1 cup, Servings: 6
Calories: 129, Protein: 7g,
Carbohydrate: 8g, Sugar: 1g,
Fat: 9g, Sodium: 116mg

(Adapted from wellplated.com)