

Strawberry Salad With Honey Lime Vinaigrette

Yield: 4 servings

Ingredients

For the Salad:

2 cups mixed greens; washed
 ½ cup strawberries; sliced
 ½ cup red onion; julienne

For the Vinaigrette:

2 teaspoons lime juice
 1 teaspoon red wine vinegar
 1 teaspoon honey
 ⅓ teaspoon dijon mustard
 1 teaspoon basil fresh; chiffonade
 1 teaspoon parmesan cheese, shredded or grated (optional)
 1 teaspoon olive oil

For the Garnish:

4 teaspoons sesame seeds
 1 pinch black pepper; ground

Instructions

1. Gather all ingredients and equipment.
2. In a large bowl, combine greens, strawberries, and onions. Toss to mix well.
3. In a medium bowl combine vinegar, lime juice, honey, mustard, basil, and parmesan cheese.
4. Whisk to combine.
5. While whisking, slowly pour olive oil into the mixture.
6. Start pour dressing over salad, stopping frequently, gently tossing to coat.
7. You may not need all the dressing, so use caution when pouring into greens making sure the salad won't be overdressed.
8. Top with sesame or poppy seeds and black pepper. Enjoy!

Nutrition Information

Serving Size: ½ cup servings of greens

Calories: 29

Total Fat: 1.2 g

Saturated Fat: 0.2 g

Monounsaturated Fat: 0.5 g

Polyunsaturated Fat: 0.4 g

Protein: 0.8 g

Carbohydrates: 4.5 g

Sugars: 3.5 g

Dietary Fiber: 1 g

Sodium: 13.4 mg

Source: Goldring Center for Culinary Medicine



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