

Easy Spring Salad (and Lemon Dressing)

This light salad is perfect as the weather turns warmer and spending less time in the kitchen and more outside is the priority!

Prep time: 10 minutes
Cook time: 0 minutes
Serves: 4



Ingredients

The Dressing:

1/2 tsp fresh lemon peel, grated
1 1/2 tbsp lemon juice (fresh preferably)
2 tsp extra virgin olive oil
3/4 tsp sugar
1/4 tsp dry mustard

The Salad:

2 tbsp shallots, finely chopped
1 bag of mixed spring greens
4 radishes, fresh and sliced thinly
1 oz blue cheese
2 tbsp chopped walnuts

Nutrition Facts	
Makes 4 servings	
Serving Size: 1.25 cup	
Amount Per Serving	
Calories	69.2
Total Carbs	4.7 g
Dietary Fiber	0.9 g
Sugars	2.4 g
Total Fat	5.2 g
Saturated Fat	0.8 g
Unsaturated Fat	4.4 g
Potassium	27.3 mg
Protein	1.6 g
Sodium	28.4 mg

Directions

- 1) For the dressing, in a large serving bowl, whisk together the first 5 ingredients.
- 2) Add in the shallots, spring greens, and radishes; toss to coat well.
- 3) Grate the cheese onto the salad and top with walnuts.
- 4) Serve immediately!

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