Fresh Green Salad with Lemony Dressing

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: 1¼ cups of salad with 2 tablespoons of dressing

Ingredients

- 6 cups salad greens, chopped if needed
- 1 cup halved cherry or grape tomatoes
- 1 cup sliced cucumber
- ½ cup shredded carrots (about 1 medium carrot)

Dressing

- 2 tablespoons extra-virgin olive oil
- 1 lemon, juiced (about 3 tablespoons)
- 1 tablespoon water
- 1 teaspoon Dijon mustard or brown mustard
- 2 teaspoons honey
- ¼ teaspoon ground black pepper
- Pinch salt (optional)

Directions

1. In a small bowl, whisk together the olive oil, lemon juice, water, mustard, honey, black pepper, and salt (if using) to make a dressing. Set aside.

2. Wash and dry the salad greens and place them in a large mixing or serving bowl.

3. Add the tomatoes, cucumber, and carrots.

4. Add the dressing and toss to coat.

5. Serve immediately.

Recipe Notes

- This salad tastes best when it is made on the same day it’s served. If not serving right away, keep the dressing separate, then re-whisk the dressing and toss with vegetable mixture just before serving.

- Prepare the dressing by shaking the ingredients together in a jar with tight fitting lid if desired.