



# 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.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 7 g | Saturated Fat: 1 g  
Sodium: 90 mg | Total Carbohydrate: 8 g | Dietary Fiber: 1.5 g | Protein: 1.5 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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