



# Fresh Green Salad with Lemony Dressing

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

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

## Ingredients

- 6 cups salad greens, chopped if needed
- ½ cup grape tomatoes, sliced in half
- ½ cup sliced cucumber
- ¼ cup shredded carrots

## Dressing

- 2 tablespoons olive oil
- Juice of 1 lemon
- 1 tablespoon white vinegar
- 1 tablespoon water
- 1 teaspoon Dijon or brown mustard
- 2 teaspoons honey
- ¼ teaspoon ground black pepper
- Dash of salt (optional)

## Directions

1. Wash and dry the salad greens and place them in a large bowl.
2. Add the tomatoes, cucumber, and carrots.
3. In a mason jar, add the dressing ingredients.
4. Microwave the jar of dressing ingredients for 10 seconds to soften the honey and allow it to mix into the dressing.
5. Put the lid on the mason jar and shake until well blended, about 15-30 seconds.
6. If serving all of the salad right away, toss all of the vegetables with the dressing. Otherwise, add the dressing to each serving right before eating, shaking to recombine if needed.

## Recipe Notes

- If you do not have a mason jar with a lid, dressing can be mixed in a small bowl with a fork or whisk.

**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**

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