

# Everyday Salad

## Cooking Instructions

1. Wash and chop all vegetables. Place in large bowl.
2. Prepare dressing by mixing all ingredients in a small container or jar and shaking vigorously for about 30 seconds.
3. Pour dressing on salad and either place lid on bowl and shake or toss with tongs to evenly distribute dressing. (Proper dressing distribution is the key to amazing salads!)

## Recipe

- 2-3 cups hard packed greens of choice (kale, spring greens, romaine, etc.)
- 1 cucumber, thinly sliced
- ½ red onion, thinly sliced
- ½ cup nuts of choice (I usually use walnuts or pine nuts)
  
- 3 Tbsp olive oil
- 1 Tbsp fresh lemon juice (or red wine vinegar)
- 1 tsp Dijon mustard
- 1 tsp honey or agave syrup
- ½ tsp salt
- ¼ tsp black pepper

## Grocery List (add optional toppings to list as desired)

### Produce

- 2-3 cups greens of choice
- 1 cucumber
- 1 red onion
- 1 lemon

### Grocery

- ½ cup nuts
- Olive oil
- Dijon mustard
- Honey or agave syrup
- Salt
- Pepper