



BASIC GREEN SALAD WITH VINAIGRETTE

Basic Lifestyle

Ingredients

3 TBS extra-virgin olive oil
2 TBS red-wine vinegar
1 TBS chopped flat-leaf parsley
1/2 TSP finely chopped garlic
1/2 TSP Dijon mustard
Pinch of salt and freshly ground pepper, to taste
8 cups mixed salad greens

Instructions

1. Whisk together oil, vinegar, parsley, garlic and mustard in a salad bowl, Season with salt and freshly ground pepper.
2. Toss with salad greens.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1 cup = 1 V