

WEIGHT ★ NO ★ MORESM
DIET CENTER

No one does what we do!

weightnomoredietcenter.com
WeightNoMoreDC

Simple Green Salad With Citronette

Basic Lifestyle

Ingredients

1/4 cup fresh orange juice
1/4 cup lemon juice
1/4 cup extra-virgin olive oil
1 small shallot, finely chopped
2 TSP Dijon mustard
1/2 TSP salt
1/4 TSP freshly ground pepper
4 cups torn peppery and/or bitter greens, such as frisee, watercress, radicchio or arugula
8 cups mild greens, such as Boston lettuce, mesclun, baby spinach or baby romaine
1/3 cup thinly sliced red onion

Instructions for Turkey

1. Combine orange juice, lemon juice, oil, shallot, mustard, salt and pepper in a jar with a tight-fitting lid. Close the jar and shake until well combined.
2. Place greens and onion in a large salad bowl; toss with 1/3 cup of the dressing.

Portion-Per-Serving Information (Yields 6 servings + 2/3 cups extra dressing):

1 serving = 1-1/2 cups = 1.5 V