

# Everyday Salad

## Instructions

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

## Ingredients

### For the salad:

- 2-3 cups of 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)

### For the dressing:

- 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

### Produce

- Greens
- Cucumber
- Red onion
- Lemon

### Grocery

- Nuts
- Olive oil
- Dijon mustard
- Honey or agave syrup
- Salt
- Pepper