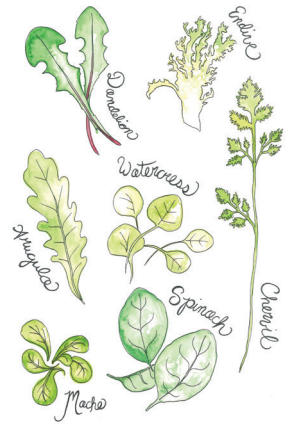




May
MIXED GREENS



EatingWell



GREENS WITH PARMESAN VINAIGRETTE

For posters, activities and more, visit VermontHarvestoftheMonth.org

Greens with Parmesan Vinaigrette

ACTIVE: 10 MIN **TOTAL:** 10 MIN

Make a simple vinaigrette more interesting with freshly grated Parmesan.

- 1/3 cup freshly grated Parmesan cheese
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white-wine vinegar
- 1/2 teaspoon finely chopped garlic
- 1/2 teaspoon Dijon mustard
- Salt & pepper to taste
- 8 cups mixed salad greens

Whisk Parmesan, oil, vinegar, garlic and mustard in a small bowl. Season with salt and pepper. Toss with salad greens.

SERVES 4

Calories 141, Fat 13g (sat 3g), Cholesterol 6mg, Carbs 4g, Total sugars 1g (added 0g), Protein 4g, Fiber 2g, Sodium 228mg, Potassium 363mg.

Nutrition bonus: Vitamin A (61% daily value), Folate (32% dv), Vitamin C (30% dv).