

Blueberry Green Salad

Servings: 4

Ingredients:

- 8 cups (6- to 7-oz. weight) mixed greens, or torn romaine
- 1 cup fresh blueberries
- 2 Tbl. red wine vinegar
- 2 Tbl. lemon juice
- 2 Tbl. olive oil
- 1 Tbl. fresh basil, chopped
- 1 tsp. lemon zest
- 2 ounces feta, crumbled



Directions:

1. Toss greens and blueberries.
2. In a separate container, mix remaining ingredients (except feta).
3. Pour dressing over salad and mix gently to combine.
4. top with feta; serve immediately

Nutrition: (Serving size: $\frac{1}{4}$ th recipe)

calories: 127

protein: 3.5g

total carbohydrate: 9g

total fat: 9.4g

sugars: 5g

sodium: 189mg

dietary fiber: 1.6g

saturated fat: 2.5g