

Healthy Food for a Wealthy Mood



SUMMER CHOPPED SALAD WITH LIGHT CHAMPAGNE BASIL VINAIGRETTE

Ingredients

For the salad:

Several handfuls (150 g) mixed greens -chopped fine.
1 cup cooked brown rice or your favorite grain (136 g of rice)
1 cup chopped cucumber (130g)
1 cup corn sliced off the cob (150 g)
1 cup halved cherry tomatoes (150 g)
1/2 cup diced red onion (55 g)
1/2 cup diced sweet bell peppers (75g)
Half of an avocado (60 g)
1 oz shaved parmesan (28g)
1/4-1/2 cup fresh chopped basil (12 g)
1/4 cup fresh chopped mint (5g)
Salt and Pepper
1/4 cup (60 g) of champagne basil vinaigrette (recipe below)

For Vinaigrette:

1/3 cup champagne wine vinegar (can use red wine vinegar or white balsamic vinegar)
1/2 clove garlic
1/4 cup fresh parsley
1/4-1/2 cup fresh basil
Juice from 1/2-1 whole lemon
1/4 tsp kosher salt
1/4 tsp fresh ground pepper
7 g (1/2 tbs) honey
15 g (1 tbs) olive oil
100 g non-fat greek yogurt

Directions

For Vinaigrette:

Blend all ingredients from the vinegar to the honey.
Continue to blend while slowly drizzling in the olive oil.
Add yogurt and give it one last whirl.
Store in fridge until you're ready to use. Keeps for about three days.

For Salad:

Make sure everything is chopped small. Add greens to a giant bowl and top with everything else!
Drizzle on about 60 g of the Champagne Basil Vinaigrette and toss.
Season with salt and pepper and everything bagel seasoning if you've got it!

Nutritional Information

Serving Size: 250 g dressed salad
Calories: 217
Fat: 6.9
Carbohydrates: 31.2
Protein: 9.3

Catherine Stahl Scheuber, CRPC®
Edward Stahl Scheuber, CRPC®
Denver Corporate Center III
7900 E. Union Ave., Ste. 820
Denver, CO 80237

