



Fresh Berry Salad

prep time:
10 minutes

makes 4 servings

grocery list

Regina Raspberry Balsamic Vinegar
shallots

Maille Traditional Dijon Mustard

Filippo Berio Light Olive Oil

mixed greens

strawberries

raspberries

almonds

2 oz. blue cheese

Simply Organic Black Peppercorns

fresh berry salad

2 tbsp. **Regina Raspberry Balsamic Vinegar**

2 tbsp. chopped shallots

1 tsp. **Maille Traditional Dijon Mustard**

1/3 cup **Filippo Berio Light Olive Oil**

8 cups mixed greens

1 1/2 cups sliced strawberries

1 1/4 cups raspberries

2 tbsp. almonds, toasted and chopped

2 oz. crumbled blue cheese

1/4 tsp. freshly ground **Simply Organic Black Peppercorns**

1. In medium bowl combine vinegar, shallots and mustard. While whisking constantly, slowly add olive oil in thin stream and blend until smooth.
2. Arrange greens in large salad bowl or platter. Top mixed greens with strawberries, raspberries, toasted almonds and blue cheese.
3. Drizzle dressing over greens and toss until lightly coated. Top with freshly cracked pepper. Serve salad on individual salad plates.

Per Serving: 288 calories, 16g carbohydrate, 6g protein, 25g fat, 5g saturated fat, 5g fiber, 11mg cholesterol, 245mg sodium

cook's journal

kitchen tools

measuring utensils

chef's knife

cutting board

medium bowl

whisk

large salad bowl or platter

salad tongs

recipe note

This salad features good contrast and a nice balance of textures, colors and flavors.

a good idea

Chilling the salad plates or serving bowl will keep salads crisp longer.

