



## Green Salad with Strawberries and Goat Cheese

### Ingredients:

6 oz red leaf lettuce, washed and dried  
1 ½ cups sliced strawberries  
1 T creamy goat cheese

### Vinaigrette:

1 T olive or canola oil  
½ T balsamic vinegar  
A few drops of milk

Put the lettuce, strawberries and goat cheese into a salad bowl. Make the vinaigrette by whisking the oil and vinegar together with a few drops of milk until an emulsion forms. Pour over the salad and toss all ingredients together. Refrigerate briefly before serving. Serves 2

**Skills:** making a vinaigrette

**Equipment:** whisk

<b>Nutrition Facts</b>	
Serving Size 1/2 of recipe 226g (226 g)	
Amount Per Serving	
<b>Calories</b> 135	Calories from Fat 77
% Daily Value*	
<b>Total Fat</b> 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 3mg	1%
<b>Sodium</b> 49mg	2%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 3g	13%
Sugars 7g	
<b>Protein</b> 3g	
Vitamin A 128% + Vitamin C 127%	
Calcium 6% + Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
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