

Balsamic Mixed Greens with Strawberries



Ingredients:

- 1 tablespoon balsamic vinegar
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon honey
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 cups sliced strawberries
- 2 1/2 cups mixed baby greens
- 2 tablespoons walnuts, chopped and toasted

Directions:

1. Whisk together the first 4 ingredients.
2. Combine strawberries and mixed greens, tossing gently.
3. Pour dressing over green mixture, tossing gently to coat.
4. Arrange salad evenly on each of 4 plates.
5. Top each serving with 1/2 tablespoon walnuts.

Makes 4 servings.



Tarrant County Public Health
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