

MY HEARTY SALAD

8 SERVINGS

SALAD	AMOUNT
Protein	1 lb
Salt	¼ tsp
Pepper	¼ tsp
Greens	6 oz
Legumes	1/3 lb
Vegetable 1	1/3 lb
Vegetable 2	1/3 lb
Nuts	¼ cup
Flavor	1 tbsp
Seasoning	1 tbsp

VINAIGRETTE	AMOUNT
Oil	2 tbsp
Acid	½ tbsp
Sweetener	½ tbsp
Flavor	½ tbsp

INSTRUCTIONS

1. Prepare Vinaigrette.
 2. Cook, cool the protein.
 3. Toss protein with salad ingredients and vinaigrette.
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