

Marie Saba

from my kitchen to yours

Berry Balsamic Salad

Serves 4

Ingredients:

For Dressing:

- 2 Tablespoons balsamic vinegar
- 1/2 Tablespoon Dijon mustard
- 1 Tablespoon mayonnaise
- 1/4 teaspoon dried oregano
- 1-2 teaspoons agave or honey
- 3/4 teaspoon Kosher salt
- Freshly ground pepper
- 6 Tablespoons extra virgin olive oil

For Salad:

- 8 cups mixed greens
- 1 cup sliced strawberries
- 1/2 cup blueberries
- 1/4 cup chopped walnuts
- 1/4 cup chopped pecans
- 1 Tablespoon hemp hearts
- Crumbled feta or blue cheese



Instructions:

1. To make the dressing, in a jar or bowl, whisk together balsamic vinegar, Dijon mustard, mayonnaise, oregano, agave, salt and pepper. While whisking constantly, slowly pour in the olive oil to create an emulsion. Set aside.
2. Place greens in a large bowl. Top with strawberries, blueberries, walnuts, pecans, hemp hearts and crumbled cheese.
3. Pour dressing over salad. Toss and serve immediately.

Notes:

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