

Simple Green Salad Recipe

from kristineskitchenblog.com

This simple green salad recipe is quick and easy to make, using fresh and flavorful ingredients. This delicious salad is the perfect side dish for any meal!

Prep Time

15 mins

Total Time

15 mins

Servings: 4 servings Calories: 142kcal

Ingredients

- 6 cups (loosely packed) mixed greens or lettuce of choice, torn into bite-size pieces
- 1 small cucumber chopped
- 1 cup cherry tomatoes halved
- ¼ small red onion thinly sliced
- 1 avocado peeled, pitted and chopped
- 2 ounces goat cheese crumbled, or other cheese such as feta, Parmesan or cheddar
- 6 tablespoons homemade vinaigrette or dressing of choice



5 from 2 votes

Instructions

1. Put the greens in a large bowl. Add the cucumber, cherry tomatoes and red onion.
2. Drizzle on vinaigrette or dressing of choice, a little at a time, tossing to mix, until salad is dressed to your liking.
3. Add the avocado and goat cheese and toss gently to mix in. Serve immediately.

Notes

- Nutrition information is for salad without dressing.

Nutrition

Serving: 1/4 recipe | Calories: 142kcal | Carbohydrates: 9g | Protein: 5g | Fat: 11g | Saturated Fat: 3g | Cholesterol: 7mg | Sodium: 76mg | Potassium: 492mg | Fiber: 4g | Sugar: 2g | Vitamin A: 1112IU | Vitamin C: 29mg | Calcium: 43mg | Iron: 1mg

Nutrition information is only an estimate.

Kristine's Kitchen

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Balsamic Vinaigrette



5 from 5 votes

You only need 5 ingredients to make this simple homemade balsamic vinaigrette dressing. It is great with almost any salad.

Prep Time
5 mins

Cook Time
0 mins

Total Time
5 mins

Course: Salad Cuisine: American Keyword: balsamic vinaigrette, dressing Servings: 6
Calories: 91kcal

Ingredients

- 1/4 cup olive oil
- 3 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1 clove garlic, minced
- Kosher salt and black pepper, to taste

Instructions

1. In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, honey, garlic, salt, and black pepper. Store in a jar or airtight container in the refrigerator for up to 1 week.

Notes

To make vegan, use pure maple syrup or agave instead of honey. You can easily double this vinaigrette recipe.

Nutrition

Calories: 91kcal | Carbohydrates: 3g | Protein: 1g | Fat: 9g | Saturated Fat: 1g | Sodium: 12mg | Potassium: 9mg | Sugar: 2g | Vitamin C: 0.2mg | Calcium: 2mg | Iron: 0.1mg

Dessert

Feijoa and Apple Crumble



20 mins

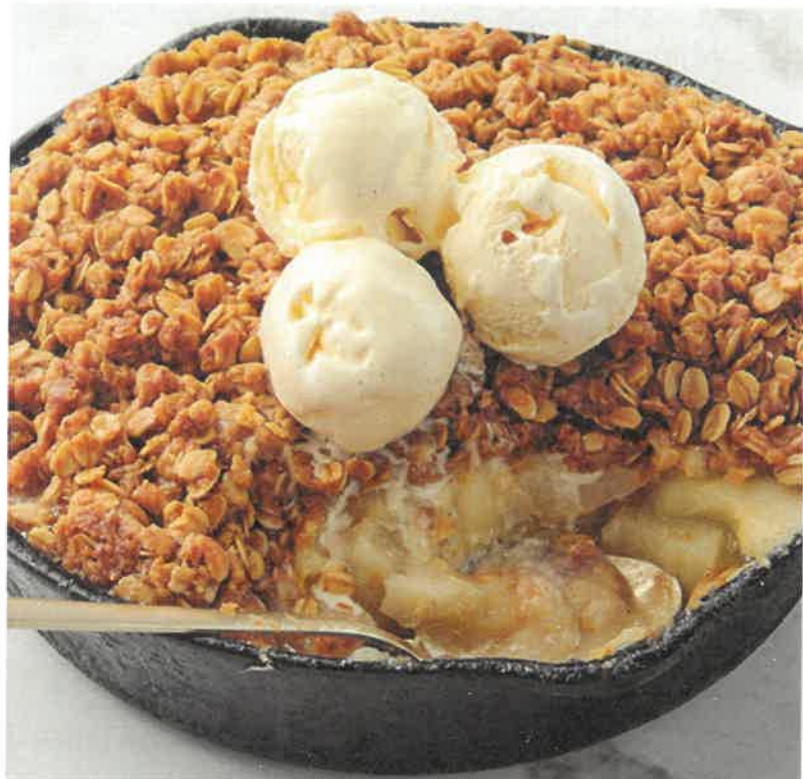


25 mins



Serves 4-6

Dessert is served with this Feijoa and Apple Crumble! This easy recipe is delicious on its own but even tastier when served with cream or ice cream.



Dietary Information

- Vegetarian

Dietary and nutritional info supplied by NZ Nutrition Foundation.

Ingredients

Crumble

Large oats - 1 cup

Flour - 1 cup

Cinnamon - 1 Tbsp

Ground ginger - 1/2 Tbsp

Brown sugar - 1 cup

Butter, melted - 120 g

Fruit

Large granny smiths, peeled and cored - 2

Feijoa pulp - 2 cups

Caster sugar - 1/4 cup

Lemon juice - 2 Tbsp

Whipped cream, to serve

Method

Step 1

Preheat an oven to 170°C.

Step 2

For the crumble, into a large bowl place the oats, flour, cinnamon, ginger, sugar and butter stirring well to combine. Set aside.

Step 3

To prepare the fruit, slice the apples and place into a large bowl with the feijoas, sugar and lemon juice, tossing well.

Step 4

Place the fruit mix into a 5-6 cup ovenproof baking dish and then sprinkle over the crumble. Bake for 25 minutes or until crispy and golden.

Step 5

Serve hot with ice cream or cream.

PER SERVE Energy 1960.0kJ • Protein 4.7g • Total Fat 18.1g • Saturated Fat 11.0g • Carbohydrates 71.1g • Sugar 46.0g • Sodium 12.0mg

Note, ice cream/whipped cream (serving suggestion) not included in nutrition analysis.

Dietary and nutritional info supplied by NZ Nutrition Foundation