

Rainbow Chopped Salad

Double this fresh and colorful salad and top each portion with 3 ounces grilled chicken breast for a quick main dish salad.



Ingredients: Orange-Oregano Dressing

- ½ teaspoon orange zest
- ½ cup orange juice, preferably freshly squeezed
- ¼ cup cider vinegar
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons fresh oregano, chopped, or ¾ teaspoon dried
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

Ingredients: Salad

- 1 ½ cups bell peppers, chopped
- 1 ½ cups broccoli florets, chopped
- 1 cup shredded carrots
- ½ cup radishes, diced
- 1 tablespoon red onion, minced
- ½ cup Orange-Oregano Dressing

Instructions

1. To prepare dressing: Place orange zest and juice, vinegar, oil, oregano, mustard, salt and pepper in a jar. Cover and shake to combine. (Makes about 1 cup.)
2. To prepare salad: Combine bell peppers, broccoli, carrots, radishes and onion in a medium bowl. Add ½ cup of the dressing and toss to coat. Refrigerate until ready to serve. (Refrigerate extra dressing for up to 1 week.)

Nutrition Per Serving

52 Calories, Total Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 9 g, Fiber: 3 g, Total Sugars: 5 g, Added Sugars: 0 g, Protein: 2 g, Sodium: 111 mg, Potassium: 350 mg, Folate: 56 mcg, Calcium: 32 mg

Carbohydrate Servings: ½

Yield:

4 servings,
generous
1 cup each

Active Time:

15 minutes

Total Time:

15 minutes

Make Ahead Tips:

Cover and refrigerate dressing for up to 1 week.

