

Makes: 1 serving



Ingredients:

Dressing (6- 1 Tbsp. servings)-

- ♥ 1/8 cup D'Avolio Extra Virgin Olive Oil
- ♥ 3 Tbsp. D'Avolio Balsamic Vinegar
- ♥ ¼ tsp. mustard
- ♥ ¼ tsp. salt
- ♥ 1/8 tsp. black pepper
- ♥ 1/8 tsp. honey

Salad-

- ♥ 4 oz. mixed field greens
- ♥ ½ oz. goat cheese
- ♥ 2 oz. blood orange
- ♥ 2 tsp. bell pepper
- ♥ 1 Tbsp. dressing

PREPARATION:

1. To make the dressing combine all the ingredients. Stir until emulsified.
2. Combine all the ingredients for the salad
 - a. Rinse off the mixed greens
 - b. Open and section off orange halves
 - c. Chop the bell pepper
3. Garnish the salad with the dressing, as much or as little as you would like (the analysis is based off 1 Tbsp. of the dressing)

Nutrition Facts	
Serving Size: 1 serving (148.0g)	
Servings: 1	
Amount Per Serving	
Calories 120	Calories from Fat 80
%Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 210mg	9%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	6%
Sugars 3g	
Protein 4g	
Vitamin A 60%	• Vitamin C 40%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

