

# D'Avolio Tea Leaf Dressing Salad

Chef Kevin Lin from Sun Cuisines



Recipes makes: 1 serving (1 ¾ cup each)



## Ingredients:

### Tea Leaf Dressing Salad-

- ♥ 1 ½ Cup, Chopped Romaine Lettuce
- ♥ 1 ½ Tbsp, Chopped Tomato
- ♥ 2 tsp, Assorted Bean Mix
- ♥ 1 tsp (1 wedge), Lime Juice
- ♥ 1 Tbsp, Tea Leaf Dressing (see below)

### Tea Leaf Dressing -

- ♥ 2 Tbsp, Fresh Ginger
- ♥ ½ Tbsp, D'Avolio Balsamic Vinegar
- ♥ 6 Tbsp, D'Avolio Extra Virgin Olive Oil
- ♥ 2 Tbsp, Fish Sauce
- ♥ 8 oz, Pickled Tea Leaves

## PREPARATION:

1. Remove skin from ginger and combine with balsamic vinegar, olive oil, fish sauce, and pickled tea leaves.
2. Blend all ingredients and reserve dressing in a small bowl.
3. Chop the romaine lettuce and tomato.
4. Toss lettuce and tomato with assorted bean mix and lime juice in a mixing bowl.
5. Put salad on plate or in salad bowl and drizzle 1 Tbsp of tea leaf dressing and serve.

Nutrition Facts	
Serving Size: 1 serving (102.4g)	
Servings: 1	
Amount Per Serving	
Calories 90	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 130%	• Vitamin C 10%
Calcium 2%	• Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.



WWW.HEALTHYOPTIONSBUFFALO.COM

