Baby Greens Salad with Lemon Vinaigrette

To make Vinaigrette:

**Lemon Vinaigrette** – whisk all ingredients together
- Juice from 2 lemons
- Pinch of black pepper (or more to taste)
- Pinch of salt
- 1 clove garlic, minced
- 1/3 cup Extra Virgin Olive Oil

To make Salad:

**Salad** – combine all ingredients below, then gently toss with vinaigrette
- 1 cup chopped fresh strawberries
- 8 cups arugula or baby kale or spinach, washed and dried (stems removed if preferred)
- 1 cup cooked or canned chick peas, rinsed and drained (no salt added preferred)
- 1/2 cup thinly sliced red onion

SERVING SIZE: 1/8 of salad

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Nutrition Facts—1/8 of the salad contains 155 calories, 9 grams Carbohydrate, 3 grams Fiber, 8 grams Fat, 1 gram Saturated Fat, 53 mg Sodium.

Arugula is a green leafy vegetable that has a peppery flavor, which combines nicely with the sweetness of the strawberries and tartness of the lemon to make an interesting flavor combination. More mild leafy greens, like baby spinach, kale or romaine can be substituted. Leafy greens contain vitamins and minerals for bone, heart, and immune health. The strawberries, chickpeas and arugula provide fiber which can help with cholesterol management and with feeling satisfied with smaller meals. Serve a larger portion of this salad with chopped nuts and/or reduced fat feta and you have an entire meal.

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