



Lemon Rainbow Salad

Servings

6

Calories

250

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

Dressing

½ cup olive oil

2 garlic cloves, minced

¼ cup lemon juice, fresh

1 teaspoon Dijon mustard

1 tablespoon white wine vinegar

2 tablespoons mayonnaise

½ teaspoon salt

½ teaspoon pepper

Salad

2 (12 ounce) bags Mann's Rainbow Salad

¼ cup sliced red onions

2 teaspoons grated lemon zest

2 tablespoons chopped parsley



The Method

For Dressing

Add dressing ingredients in a small bowl and whisk to combine (Dressing can be prepared 1 day in advance).

For Salad

In a large salad bowl, add salad ingredients and toss well to mix. Add dressing and toss well again.

Nutrition Facts

Serving Size 160 | Servings: 6

Amount Per Serving

Calories 250 | Total Fat 23g (sat fat 3g trans 0g) | Cholesterol 0mg | Sodium 290mg | Total Carbohydrate 9g | Dietary Fiber 3g | Sugars 4g (includes 0g Added Sugars) | Protein 2g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 8%