



Blueberry and Goat Cheese Salad with Dijon Vinaigrette

 4 servings

 10 minutes



Whisk Together:

- 1 Tbsp Olive Oil
- 2 Tbsp White Balsamic Vinegar
- 1 Tbsp Dijon Mustard
- A pinch of salt and pepper

Arrange in a large serving bowl:

- 4 cups Mixed Salad Greens tossed with the Vinaigrette

Top with:

- 1 cup Fresh Blueberries
- 1 cup crumbled Goat Cheese
- ¼ cup Pumpkin Seeds

Make it a complete meal by adding 20-25 grams of high quality protein!

- 3 oz Chicken or Turkey
- 3 oz Sockeye Salmon
- 1 cup of Cottage Cheese
- 3 Hard-boiled Eggs