

Blueberry Salad with Berry Dijon Vinaigrette

Serving Size: 1 salad

Makes 8 servings

Ingredients:

1/3 cup	Canola oil
2 tsp	Dijon mustard
1 TBSP	Brown Sugar
1½ tsp	Shallots, peeled and minced
3/4 tsp	Salt
½ tsp	White Pepper
1/3 cup	Low Fat Buttermilk
4 cups	Blueberries
12 oz	Spring mix
4 cups	Oranges, sliced
1½ cup	Granola
8 each	Eggs, hard boiled

NUTRITION FACTS PER SERVING

calories	320
total fat (g)	16
saturated fat (g)	2.5
trans fat (g)	0
sodium (mg)	315
total carbohydrate (g)	137
dietary fiber (g)	6
sugar (g)	22
protein (g)	9

 **RD APPROVED**

Preparation:

1. In a food processor combine oil, Dijon mustard, brown sugar, shallots, salt, pepper, ¾ cup blueberries, and buttermilk. Process until smooth.
2. In a large mixing bowl toss the spring mix in the dressing.
3. Arrange plates with 3 cups of salad mix each. Top each salad with ½ cup orange slices, 1/3 cup blueberries, 3 Tbsp. granola, and 1 hard boiled egg per salad.



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