

Salad with Yogurt Dressing

<u>Code</u>
\$, Q, V, RH, GF



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	165
Total Fat	6.5 g
Sat Fat	< 1g
Sodium	56 mg
Added Sugar	0 g
Fiber	5 g
Vitamin A	20% DV
Vitamin C	340% DV
Vitamin E	13% DV
Vitamin K	180% DV
Potassium	23% DV
Calcium	18% DV
Iron	11% DV

Ingredients Needed:

- ½ cucumber
- 3 scallions, halved
- 1 tomato
- 1 yellow bell pepper
- 1 celery stalk
- 2 radishes, quartered
- 2 cups arugula
- **Dressing:**
- 2 Tbsp. lemon juice
- 1 garlic clove, crushed
- 2/3 cup fat free plain Greek yogurt
- 2 Tbsp. olive oil
- Pepper

Recipe Directions:

- Mix and dice the cucumbers, scallions, tomatoes, bell pepper, celery, and radishes. Mix with arugula in a bowl.
- To make the dressing, stir lemon juice, garlic, yogurt, and olive oil together. Season with pepper.
- Spoon 3 tablespoons of dressing over the salad and toss to mix.
- Add any protein of preference i.e. chicken, tofu, beans, salmons, etc.