

Garden Salad & Flatbread



GARDEN SALAD WITH HONEY MUSTARD VINAIGRETTE

INGREDIENTS:

- About six ounces salad greens (spinach, torn lettuce, baby kale, chard, or salad mix)
- Sliced or diced veggies such as carrot, radish, snap peas, cucumber, tomatoes
- Other toppings such as grated cheese, dried cranberries, raisins, pumpkin seeds, sunflower seeds or chopped nuts

DIRECTIONS:

1. Wash all produce.
2. Tear salad greens into bite-sized pieces. Place into large serving bowl.
3. Carefully cut all veggies into bite-sized pieces. Scatter over salad greens. Add other toppings as desired. Toss with dressing and enjoy!

HONEY-MUSTARD VINAIGRETTE

INGREDIENTS:

- 2 Tbsp Balsamic vinegar
- 1/4 cup salad oil
- 1 Tbsp Dijon mustard
- 1/2 Tbsp honey
- Salt and pepper to taste

DIRECTIONS:

Combine all ingredients in sealed jar and shake until well mixed or combine in small bowl and whisk until mixed. This dressing will keep for several weeks in sealed container in refrigerator.

FLATBREAD

MAKES 4-6 SERVINGS

INGREDIENTS:

- 1 1/2 cup flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup water
- 2 Tbsp oil

DIRECTIONS:

1. Measure flour, baking powder, and salt into medium bowl.
2. Add water and oil (*optional: replace water and oil with 1 cup Greek yogurt*) and mix until a ball of dough forms. Turn out onto lightly floured countertop and knead until dough is smooth (about 30 seconds).
3. Let dough rest for 20 minutes.
4. Roll dough into log and divide into 4 or 6 even pieces. Roll each piece into a 1/8-1/4 inch thick round.
5. Preheat pan over medium high heat. Cook flatbreads one at a time, about 2 minutes on each side.

HOW TO VIDEO:

<https://youtu.be/9NIhRSZVbL8>