

# Baby Greens with Blackberry Vinaigrette

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2018/baby-greens-blackberry-vinaigrette.html>

## Dressing Ingredients

- 1/2 cup fresh or frozen blackberries (defrost if frozen)
- 2 tsp. coarsely chopped shallots
- 2 Tbsp. extra virgin olive oil
- 4 tsp. fresh lemon juice
- 2 tsp. agave syrup
- 2 tsp. balsamic vinegar
- 1/2 tsp. Dijon-style mustard
- Salt and freshly ground pepper, to taste

## Salad Ingredients

- 4 cups lightly packed mesclun salad mix (spinach, arugula, or other baby greens)
- 2 slices (3/4-in.) reduced-fat fresh goat cheese
- 1 cup whole blackberries (can also include a few red raspberries)
- 3 Tbsp. chopped walnuts or almonds (optional)

## Instructions

1. Place all dressing ingredients in bullet-style blender or mini food processor and whirl until dressing is creamy and smooth. Season to taste with salt and pepper. Let dressing stand in refrigerator for up to 24 hours before using. Makes 1/2 cup dressing.
2. Divide greens between 2 salad plates. If using cheese, set a slice in center on top of greens, then drizzle 2 tablespoons of Blackberry Vinaigrette over salad before serving. Or, drizzle on dressing, then sprinkle nuts and berries on top. Reserve remaining dressing for another use. It keeps covered in refrigerator for 3 days.

**Makes 2 serving**

## Nutrition information per serving

Calories: 150	Dietary Fiber: 3 g
Total Fat: 11 g	Sodium: 99 mg
Saturated Fat: 4 g	Protein: 4 g
Cholesterol:	Carbohydrates: 9 g