



# MEDITERRANEAN SALAD W/ DIJON VINAIGRETTE

**PREP TIME: 10 MINS**  
**ASSEMBLE TIME: 10 MINS**  
**TOTAL TIME: 20 MINS**

## INGREDIENTS

### DRESSING:

- 3 T vegetable oil.
- 2-3 T of apple cider vinegar, red wine vinegar, rice vinegar, or balsamic vinegar
- ½ tsp sugar
- ¼ tsp Dijon mustard
- Small pinch of salt & pepper to taste

### SALAD:

- 1 c arugula (any salad greens)
- ½ (15-ounce) can Garbanzo beans, rinsed & drained
- ½ (15-ounce) can kidney beans, rinsed & drained
- ½ small red onion, peeled & sliced
- ½ cucumber, thinly sliced
- ½ (14-ounce) can quartered artichoke hearts, drained
- 1 (8 oz) can sliced black olives
- 1 handful cherry tomatoes, halved
- ½ cup mozzarella cheese, small dice
- 1 T dressing (from above)

## DIRECTIONS

1. Start by making the dressing.
2. In a glass jar or bowl, add 3 T of vegetable oil. Then add 2-3 T of apple cider vinegar, red wine vinegar, rice vinegar, or balsamic vinegar. Next, add ½ tsp sugar, ¼ tsp Dijon mustard., & a pinch of salt/pepper (to taste). Close the jar & shake well to mix or whisk items together in a bowl.
3. Wash, dry, drain, and prepare all salad items..
4. Combine all ingredients in a large bowl.
5. Using 1 T increments add dressing until all the salad is lightly dressed.
6. ENJOY!

\*Additional items you can add to this recipe to make it more filling include: crumbled tofu, canned/drained tuna, thinly sliced apple, and/or serve over a small amount whole grain rotini or penne pasta to make a pasta salad.

