

SALADS

Blueberry Power Salad with Lemon-Herb Vinaigrette

Makes 5 servings · about 2 cups each

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 5 g · Fiber 6 g · Calories 300	

Ingredients

- Salad: 8 cups mixed greens
- Salad: 1 cup fresh blueberries
- Salad: ½ cup walnuts, chopped
- Salad: 1 avocado
- Salad: 1 cup cooked red quinoa
- Salad: 1 cup fresh basil
- Dressing: ¼ cup olive oil
- Dressing: 2 Tbsp lemon juice
- Dressing: 1 tsp apple cider vinegar
- Dressing: 1 garlic clove
- Dressing: ½ tsp honey
- Dressing: salt to taste

Directions

1. Blend the dressing ingredients in a small bowl or blender; add water to thin if needed.
2. Arrange the salad ingredients in serving bowls.
3. Drizzle with the dressing and serve.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Blueberry Power Salad with Lemon-Herb Vinaigrette

Makes 5 servings · about 2 cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 bag (10 oz) mixed greens (about 8 cups)
- ☐ 1 container (6 oz) blueberries (about 1 cup)
- ☐ 1 avocado
- ☐ 1 bunch fresh basil (about 1 cup)
- ☐ 1 lemon (for about $\frac{1}{8}$ cup juice)
- ☐ 1 garlic clove

PANTRY & DRY GOODS

- ☐ $\frac{1}{2}$ cup walnuts
- ☐ 1 cup cooked red quinoa

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Apple cider vinegar
- ☐ Honey
- ☐ Salt