

Mixed Lettuce Salad with Cucumber Herb Vinaigrette



Ingredients

- 1 small cucumber
peeled, seeded and chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 1 tablespoon nonfat or low-fat plain yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon prepared horseradish
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 small clove garlic
- Pinch of salt
- 2 cups Red Oak or other red leaf lettuce
- 2 cups Freckles or other baby romaine
- 1/2 cup sliced radishes
- 4 scallions, *sliced*
- 2 hard-boiled eggs
peeled and chopped

Preparation

1. To prepare vinaigrette: Puree cucumber, oil, vinegar, chives, parsley, yogurt, mustard, horseradish, sugar and 1/2 teaspoon salt in a blender until smooth.
2. To prepare salad: Season a wooden salad bowl by rubbing with garlic and a pinch of salt. Chop the garlic and add to the bowl along with all the lettuce. Pour 1/4 cup of the vinaigrette over the greens; toss to coat. (Cover and refrigerate the remaining 1 cup vinaigrette for up to 3 days.) Serve the salad garnished with radishes, scallions and hard-boiled eggs.

Nutrition (per serving)

Yield: 2 servings; 83 calories; 4g carbohydrates; 2g fiber; 6g fat; 5g protein; 152mg sodium; 106mg cholesterol; 297mg potassium

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