

Spanish Mixed Salad with Mustard Vinaigrette Dressing

This can be served as a light main course, or as a side dish with more protein. There are dozens of variations of this typical Mediterranean salad. Typically, it comes with canned tuna, although I prefer a fish with less mercury and more omega-3 fats, such as canned sardines or pink salmon, as below. You can substitute any vegetables that are in season.

Prep Time: 25 Minutes **Serves:** Two

Ingredients:

4 cups mixed greens
2 hard boiled cage-free, organically-fed eggs, sliced in half lengthwise
1 medium pre-cooked beet, shredded into long strips (ok to use pre-shredded beets)
1 medium pre-cooked carrot, shredded into long strips (ok to use pre-shredded carrots)
12 black and/or green un-pitted olives
1 cup artichoke hearts, quartered
1 medium Haas avocado, sliced into quarters
½ orange or red bell pepper, julienned (cut into thin slices)
8 cherry tomatoes, sliced in half (or 2 medium tomatoes sliced into wedges)
4-5 ounces canned sardines in olive oil (or canned pink salmon), drained

Vinaigrette dressing:

5 tablespoons extra-virgin olive oil
1 ½ tablespoons red wine vinegar
1 tablespoon white wine
¼ teaspoon Dijon mustard
1 medium garlic clove, diced
1/8 teaspoon sea salt

Directions:

(To prepare hard-boiled eggs. Gently add two eggs to a small saucepan covering them with water. Set at moderate-high heat and bring to a boil. Once boiling, turn off the heat, and wait eight minutes. Remove eggs and allow to cool.)

Whisk dressing ingredients together. In a bowl, toss mixed greens with 3 tablespoons of vinaigrette dressing and then spread greens over two serving plates.

Add half a hard-boiled egg to each side of the plate, then around the outer circle of the plate, create separate mounds of shredded beets and carrots, olives, artichoke hearts, bell pepper, tomatoes, and add sardines to the center.

Finally, drizzle remaining salad dressing over the vegetables and serve.