



# Mediterranean Cobb Salad

*Different colours of vegetables and plant-based foods contain different nutrients. Try creating a rainbow of colours to make your own combination of nutrients and flavours.*

 4 servings  15 minutes

## INGREDIENTS

- 4 cups of spinach or your favourite leafy greens
- 1/2 cup sundried tomatoes, sliced
- 12-16 stalks of roasted asparagus
- 1/2 cup olives, pitted, chopped
- 1 cup red and yellow sliced bell peppers
- 4 hard boiled eggs, sliced
- 2 cups corn

## Lemon Vinaigrette Dressing

- 1 teaspoon lemon zest (finely grated)
- 4 Tablespoons freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 6 Tbsp Extra Virgin Olive Oil
- Pepper to taste (optional)

## DIRECTIONS

1. Prepare each ingredient and layer on a serving plate (or reusable container to pack up for leftovers). Start with the spinach or leafy greens at the bottom
2. Whisk together the ingredients for lemon vinaigrette salad dressing.
3. Drizzle the dressing over salad ingredients and Enjoy!

Nutrition Facts (Per Serving): 375 calories, 28 grams fat, 23 grams carbohydrates, 10g sugar (10%DV), 11 grams protein, 232mg sodium, 5 grams fibre (18%DV)

Recipe by: Sarah Sandham, Registered Dietitian, Prince Edward Family Health Team. May 2024.

