

INGREDIENTS

- 1 lb brussel sprouts, shaved
- ½ red onion, shaved
- 3 carrots, thinly sliced
- ¼ head red cabbage, shaved
- ½ can garbanzo beans
- 2 hard boiled eggs, quartered
- ½ cup kalamata olives
- 1 cup cherry tomatoes, halved
- 4 oz low-fat feta cheese
- ¼ cup apple cider vinegar
- 1 lemon, juiced
- 1 Tbsp Dijon mustard
- ½ cup low-fat Greek yogurt
- salt & pepper to taste

DIRECTIONS

1. In a large bowl combine brussel sprouts, red onion, carrots, and red cabbage.
2. In a mason jar combine vinegar, lemon juice, Dijon mustard, yogurt, and salt and pepper. Put the lid on the mason jar and shake until combined.
3. Toss vegetables with ¾ of the dressing and divide on serving plates and garnish with the rest of the ingredients.
4. Season with fresh cracked pepper, drizzle with more dressing and serve.

SPRING VEGETABLE SALAD WITH YOGURT DRESSING

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TOTAL TIME: 20M

SERVINGS: 4

CALORIES: 255 CAL



Everyone's
Harvest

