

Fresh Fall Salad



Ingredients

- 4 cups (approximately 2-3 hearts) Chopped romaine lettuce
- 1 cup Mixed greens
- ½ cup Red, orange or yellow peppers, sliced
- 1 small Shallot, sliced
- 1 med English cucumber, sliced and quartered
- ½ cup kalamata olives
- 2-4 cups Cooked quinoa

In a large bowl mix the salad ingredients. Set aside.

In a serving bowl, arrange the quinoa around the perimeter of bowl.

Place mixed salad in the middle. Drizzle Yogurt dressing evenly over salad and serve.

Dressing

- 1 cup Plain Greek yogurt or goat milk yogurt
- ½ large English cucumber, peeled and diced (or grate)
- 1 clove Garlic, minced
- 1 Tbsp EVOO
- 1 Tbsp White vinegar (apple cider works well too)
- 2 Tbsp Fresh squeezed lemon
- 1 tsp Sea salt