

Cottage Garden Salad With Strawberries, Blueberries & Yogurt Dressing

Makes 8 servings

For the Salad:

8 ounces mixed baby greens
2 ounces fresh herb leaves or
sprigs with flowers (chives,
dill, mint, etc.), chopped
8 ounces strawberries, halved
8 ounces blueberries

For the Yogurt Dressing:

1/2 cup fat-free plain yogurt
(preferably with live cultures)
1 tablespoon lemon juice
1 teaspoon clover honey
1/2 teaspoon Dijon mustard .
Salt and pepper to taste

- 1. Prepare the salad:** Place the greens on 8 serving plates. Sprinkle with herbs. Add strawberries and blueberries. Set aside.
- 2. Make the dressing:** In a small bowl, mix the yogurt, lemon juice, honey, mustard, salt and pepper. Refrigerate.
- 3. Just before serving,** drizzle dressing over salads.

Per serving: 42 calories, 2 grams protein, 9 grams carbohydrates, 5 grams sugar, 0.4 gram fat, 0.3 milligrams cholesterol, 37 milligrams sodium.