

Strawberry, Cucumber & Sweet and Sour Chia Seed Salad

INGREDIENTS:
Serves 4

Ingredients:

- 2 large cucumbers cut into quarters
- 4 cups strawberries, sliced
- ½ cup feta cheese

Sweet and sour chia seed dressing:

- 1 tablespoon honey
- 2 tablespoon light olive oil
- 1 tablespoon of chia seeds
- 1/3 cup cider vinegar
- 1 tablespoon lemon juice, freshly squeezed
- 1 lemon (organic), zest from rind
- 1/2 teaspoon Dijon mustard or 1/2 teaspoon whole grain mustard or 1/2 teaspoon mustard powder



Instructions:

1. In a large bowl, toss cucumbers and strawberries together.
2. Sprinkle feta over top and toss with dressing.

Dressing Instructions:

1. Blend all ingredients together and use to dress your salads
2. Can use a bottle or container with a tight fitting lid to shake ingredients and use to store any remaining dressing in the refrigerator.

Amount Per Serving		% Daily Value*	
Calories 200		Calories from Fat 100	
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 170mg			7%
Total Carbohydrate 22g			7%
Dietary Fiber 6g			24%
Sugars 14g			
Protein 4g			
Vitamin A 4%		Vitamin C 170%	
Calcium 6%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4