



Summer Garden Salad with Basil Vinaigrette

Yield: 8 servings

Source: www.eatingwell.com

Ingredients:

- ½ cup basil leaves
- 1 teaspoon Splenda granulated
- ¼ teaspoon salt
- 3 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 3 tablespoons olive oil
- 1 cup frozen corn
- 1 cup fresh green beans
- 1 chopped cucumber (1 small)
- 1 cup cherry tomatoes, halved
- ½ cup chopped bell pepper
- 3 green onions, sliced

Directions:

1. For vinaigrette, combine basil, sugar and salt in a food processor and process until basil is finely chopped. Add vinegar and mustard and process until well combined. With the food processor running, slowly add oil in a steady stream until mixture is smooth.
2. In a large pan combine corn and green beans and cook until crisp-tender. Rinse with cold water to cool.
3. In a large bowl combine corn and green bean mixture, cucumber, tomatoes, bell pepper and green onion. Pour in vinaigrette and toss to coat. Let set at room temperature 30 minutes before serving or refrigerate and serve the next day.

Nutrition information:

Serving size: ¾ cup

Calories: 84

Fat: 6g

Sodium: 37mg

Carbohydrates: 6g

Sugar: 3g

Fiber: 2g

Protein: 2g