



Grilled Vegetable Salad with Spiced Buttermilk Dressing

INGREDIENTS:

Salad:

8 oz.	mixed salad greens
1 whole	red onion, sliced ½ inch thick, grilled
1 whole	yellow squash, sliced ½ inch thick lengthwise, grilled
1 whole	zucchini, sliced ½ inch thick lengthwise, grilled
1 large	carrot, sliced ½ inch thick lengthwise, grilled

Dressing:

1 cup plus 2 T.	1% buttermilk
2 T.	honey
2 T.	white balsamic vinegar
1/8 t.	coriander
1/8 t.	cardamom
1/8 t.	ground cloves
1/8 t.	cinnamon
1 T.	orange zest
1 ½ t.	orange juice concentrate

PREPARATION:

- Combine all ingredients in blender and purée.
- Serve with vegetables or fruits or a combination of the two.

Grilled Vegetable Salad

Number of servings: 6

Calories per serving: 30

Fat grams per serving: trace

Spiced Buttermilk Dressing

Number of Servings: 8

Calories per serving: 33.5

Fat grams per serving: trace

