Gouda and Strawberry Salad

This salad is a delicious side salad or make it into a meal.

INGREDIENTS

(Makes 4 Salads)

Salad
- Romaine, spinach, and/or radicchio leaves: 450g
- U.S. Gouda Cheese: 300g
- Fresh strawberries, cored and sliced: 250g
- Pecans, toasted and finely chopped: 75g

Strawberry Vinaigrette
- Olive oil, extra virgin: 60ml
- Raspberry or Red Wine vinegar: 50ml
- Strawberry jam or preserves: 27ml
- Salt and Pepper: To taste

NUTRITIONAL CONTENT

Per 100g
- Calories: 426cal
- Total Fat: 40g
  - Saturated Fat: 6g
  - Trans Fat: 0g
  - Cholesterol: 0mg
- Total Carbohydrates: 17g
  - Dietary Fiber: 0g
  - Sugars: 15g
- Protein: 0g
- Calcium: 2mg
- Magnesium: 1mg
- Phosphorus: 3mg
- Potassium: 14mg
- Sodium: 3mg
- Iron: 0mg
- Vitamin A: 0IU
- Vitamin C: 0mg

PREPARATION

1. Tear greens into bite-sized pieces, and arrange on four salad plates.
2. Cut gouda cheese into small bite-sized wedges.
3. Arrange cheese and strawberries alternately on greens, using approximately the same amount on each plate.
4. Prepare strawberry vinaigrette by whisking all ingredients together in a small bowl.
5. Divide dressing between the four plates, garnish with toasted pecans and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.