

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	
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.