

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/winter-salad-with-lemon-yogurt-dressing>

# Winter Salad with Lemon Yogurt Dressing

Prep time: 10 Minutes

Servings: 4

If you're feeling as full as we are post-holiday, you'll love this winter salad packed with seasonal goodies and topped with a creamy, lactose free lemon yogurt dressing. Every time we make this salad, it seems to improve just a little more. Whether it's by adding some grilled chicken or a roasted delicata squash, this salad remains our favorite meal when we are feeling like going "light," especially during the winter.

Green Valley Creamery

## Ingredients

### For the Salad:

4 cups of arugula

½ cups of pomegranate seeds

Wedges from 2 mandarins

### For the dressing:

$\frac{2}{3}$  cup of lactose free low-fat yogurt

2 tablespoons of freshly squeezed lemon juice

1 garlic clove, minced

2 tablespoons olive oil

Salt & pepper to taste

## Instructions

### For the Salad:

Toss arugula, mandarin pieces, and pomegranate seeds in a bowl.

### For the dressing:

1. Whisk together the lactose free yogurt, lemon juice, garlic, olive oil, salt and pepper in a bowl.
2. Store in fridge.
3. Toss dressing and salad together in a large mixing bowl, and serve.