

# Everyday Awesome Salad

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-balsamic-vinaigrette-i-indian-recipe>

## Ingredients:

- 5 ounces mixed greens 6-8 loosely packed cups
- 1 head radicchio roughly chopped
- 10 green beans blanched, or steamed and cut into 1 inch pieces
- 1 red beet medium, roasted, peeled and diced
- 2/3 cup chickpeas canned, aka garbanzo beans, drained
- 1/2 cup ricotta salata crumbled
- balsamic vinaigrette super simple
- 1 tablespoon shallots minced
- 1 garlic clove minced
- 3 tablespoons balsamic vinegar high quality
- 2 teaspoons light brown sugar
- 1/2 cup extra virgin olive oil
- salt
- pepper

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 20 milligrams
4. Fat: 36 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 7 grams
8. Sodium: 420 milligrams
9. Sugar: 9 grams

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