

Tupperware®

Serves: 4 • Serving size: 2 cups salad



PREP: 10 minutes
COOK: 0 minutes

Buttermilk Valley SALAD BAR

For the dressing:

- 1 cup full fat sour cream
- 1 cup buttermilk
- 1 tsp. white vinegar
- 2 tbsp. DIY Ranch Seasoning Blend (found on our blog)

For the salad:

- 8 cups loosely packed salad greens
- Additional planover/prep day foods (cooked or raw vegetables, beans, rice, chicken, etc.)
- 1 cup diced tomato
- ½ cup cooked, crumbled bacon

1. In the base of the PowerChef® System, fitted with the paddle whisk attachment, combine sour cream, buttermilk and DIY Ranch Seasoning Blend. Cover and pull cord until well blended.
2. In four large salad bowls, divide greens evenly. Top with your choice of salad bar ingredients and drizzle with dressing.

Note: Refrigerate remaining dressing, covered, up to 7 days. Use leftover dressing for salads the next day or as a sauce or dip for planover meals.

Nutritional Information (per serving):

Calories: 310 Total Fat: 18g Saturated Fat: 10g Cholesterol: 60mg
Sodium: 790mg Carbohydrate: 24g Fiber: 4g Sugar: 7g Protein: 19g
Vitamin A: 430% Vitamin C: 290% Calcium: 35% Iron: 15%

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