

Choco Fever Dream

Harvest Salad with Lemon Thyme Dressing

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 cups mixed greens (baby kale, arugula, spinach)
- [ ] 2 medium carrots, peeled and sliced
- [ ] 2 small beets, roasted and cubed
- [ ] 1 crisp apple, thinly sliced
- [ ] 1/3 cup toasted walnuts, roughly chopped
- [ ] 1/4 cup crumbled feta cheese (optional)

Lemon Thyme Dressing

- [ ] 3 tbsp fresh lemon juice
- [ ] 1/4 cup extra-virgin olive oil
- [ ] 1 tsp honey
- [ ] 1 tbsp fresh thyme leaves, finely chopped
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Preheat the oven to 400°F (200°C). Toss carrots and beets with a drizzle of olive oil, sprinkle with salt, and roast for 20 minutes until tender and lightly caramelized.
2. While the vegetables roast, whisk together lemon juice, olive oil, honey, thyme, salt, and pepper in a small bowl until emulsified.
3. In a large salad bowl, combine mixed greens, sliced apple, toasted walnuts, and the roasted vegetables once they’re cool enough to handle.
4. Drizzle the lemon-thyme dressing over the salad, toss gently until everything is lightly coated, and sprinkle feta on top if using.
5. Serve immediately, or let sit at room temperature for a few minutes to let flavors meld.

Nutrition per serving

280 kcal	7 g	24 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter dressing, add an extra half teaspoon of honey.
- For extra crunch, sprinkle a few pumpkin seeds just before serving.
- The salad can be made ahead; keep dressing separate until ready to eat.