

Treasure Barrel

Harvest Salad with Lemon Thyme Dressing

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Salad** Course

Ingredients

Salad

- [ ] 4 cups mixed seasonal greens (kale, arugula, spinach)
- [ ] 1/2 cup thinly sliced red onion
- [ ] 1/4 cup toasted pumpkin seeds
- [ ] 1 small apple, thinly sliced

Lemon Thyme Dressing

- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tbsp honey
- [ ] 1 tbsp freshly squeezed lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp fresh thyme leaves, chopped
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Gather all greens, rinse them under cool water, spin dry, and give them a gentle pat; the kitchen fills with a fresh, earthy scent.
2. In a small bowl, whisk together olive oil, apple cider vinegar, honey, lemon juice, zest, and thyme; the mixture shimmers like sunrise.
3. Season the dressing with a pinch of salt and pepper, then taste; if it needs a little more brightness, add another dash of lemon juice.
4. Place the greens in a large bowl, add sliced red onion and apple, then drizzle the dressing over, tossing gently until each leaf glistens.
5. Scatter toasted pumpkin seeds on top for crunch, and serve immediately while the leaves are crisp.

Nutrition per serving

210 kcal	5 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits for more than 30 minutes, add a splash more olive oil to keep leaves glossy.
- Use a microplane for zest to avoid bitterness.
- For a heartier version, toss in cooked quinoa or farro.