

# Grilled Green Salad with U.S. Pepper Jack Cheese

U.S. pepper jack cheese gives this salad just a touch of heat, which works well with the smoky flavors of the grilled veggies.



## INGREDIENTS

(Serves 4)

Red Sweet Bell Pepper, large	1
Yellow Sweet Bell Pepper, large	1
Fresh Cremini or Button Mushrooms, whole	20
Balsamic Vinegar	60ml
Olive Oil, extra virgin	60ml
Dijon Mustard	24g
Lemon Juice	30ml
Flat Leaf Parsley, chopped finely	12g
Black Pepper	To taste
Salt	To taste
Baby Salad Greens	675g
<b>U.S. Pepper Jack Cheese, cubed small</b>	<b>120g</b>

## NUTRITIONAL CONTENT

U.S. Label

### Nutrition Facts

Serving Size (100g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 80</b>	<b>Calories from Fat 50</b>		
<b>% Daily Value*</b>			
<b>Total Fat 5g</b>			<b>8%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol 5mg</b>			<b>2%</b>
<b>Sodium 90mg</b>			<b>4%</b>
<b>Total Carbohydrate 5g</b>			<b>2%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 3g			
<b>Protein 3g</b>			
Vitamin A 35%		Vitamin C 60%	
Calcium 6%		Iron 4%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	Carbohydrate 4	Protein 4

Per 100g

<b>Calories</b>	77kcal
<b>Total Fat</b>	5g
Saturated Fat	2g
Trans Fat	0g
Cholesterol	7mg
<b>Total Carbohydrates</b>	5g
Dietary Fiber	1g
Sugars	3g
<b>Protein</b>	3g
Calcium	56mg
Magnesium	5mg
Phosphorus	34mg
Potassium	157mg
Sodium	91mg
Iron	1mg
Vitamin A	1842IU
Vitamin C	35mg

## PREPARATION

1. Cut peppers in half lengthwise and remove seeds.
2. Cut mushrooms in half lengthwise.
3. Whisk together vinegar, oil, mustard, lemon juice and parsley, season the dressing to taste.
4. Grill peppers until skin is completely blackened and set aside to cool for five minutes.
5. Grill the mushrooms until grill marks show.
6. Peel the peppers and chop to bite-sized pieces.
7. Marinate grilled peppers and mushrooms in dressing at least 30 minutes, then drain and reserve liquid.
8. Add salad greens to bowl and toss, adding reserved marinade as needed to coat.
9. Sprinkle pepper jack cubes on top and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.