

The Chobani® Nutrition Center works together with dietitians, nutrition scientists, and other health professionals to identify and inspire simple shifts that support healthy eating patterns and improve the health of Americans wherever they live, work, play or go to school. As a nutrient-intense dairy food, Chobani® Greek Yogurt is an easy way to make your favorite recipe healthier and can serve as a source of inspiration for your next meal or snack.

We've teamed up with the American Heart Association® to certify several of our recipes so that you can be sure that, in addition to being delicious, they fit within a heart-healthy eating pattern. Check out this American Heart Association® certified recipe:

## Garden Salad with Pesto Vinaigrette

Chobani® Greek Yogurt adds a tangy taste to this pesto vinaigrette to inspire and brighten up an appetizer salad.

### Ingredients

1 tbsp. Non-Fat Plain Chobani® Greek Yogurt  
3 tbsp. basil pesto, homemade or store-bought  
1 tbsp. lemon juice  
1 tbsp. white wine vinegar  
1 tbsp. water  
1 tsp. extra virgin olive oil  
6 cups mixed greens  
2 medium carrots, peeled

### Recipe

1. Shave carrots into ribbons with a vegetable peeler and set aside.
2. In a large bowl whisk together Chobani®, pesto, lemon juice, vinegar, water and olive oil.
3. Add the mixed greens and carrots to the Chobani® dressing and toss to combine. Divide between plates and serve.

**Nutrition Information:** Yields 4 servings. Serving size: 1½ cup lettuce and 2 tbsp. vinaigrette. Nutrition Facts Per Serving: 80 Calories; 5g Total Fat; 1g Saturated Fat; 0mg Cholesterol; 210mg Sodium; 110mg Potassium; 8g Carbohydrate; 2g Sugar; 3g Dietary Fiber; 1g Protein; 70mg Calcium. **For more information, visit: [Chobani.com/NutritionCenter](http://Chobani.com/NutritionCenter) and [HeartCheck.org](http://HeartCheck.org).** © 2017 Chobani, LLC



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