

Zucchini Bread Recipes

Harvest Salad with Lemon Thyme Dressing

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

Ingredients

Main Ingredients

- [ ] 4 cups mixed greens (kale, arugula, spinach)
- [ ] 1 crisp apple, thinly sliced
- [ ] 2 carrots, peeled into ribbons
- [ ] 1/4 cup toasted pumpkin seeds
- [ ] Salt and freshly cracked black pepper to taste

Lemon Thyme Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp fresh thyme leaves, finely chopped
- [ ] 1 tsp honey (optional)
- [ ] Pinch of sea salt

Instructions

1. Wash the greens, spin them dry, then gently pat with a clean towel.



2. In a small bowl, whisk together olive oil, lemon juice, zest, thyme, honey, and a pinch of salt; let sit for a couple of minutes.

3. Combine apple slices, carrot ribbons, and pumpkin seeds in a large salad bowl.



4. Add the mixed greens, season with pepper, and drizzle the lemon-thyme dressing over everything.



5 Toss gently until every leaf is lightly coated; taste and adjust seasoning if needed.



6 Serve immediately, perhaps alongside a slice of crusty bread or a side of avocado salad for a fuller meal.



Nutrition per serving

210 kcal	4 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad needs a sweeter note, drizzle a little extra honey over the top before serving.
- Feel free to substitute walnuts for pumpkin seeds for a richer texture.
- For extra brightness, add a splash of orange juice to the dressing.