

SPRING GREEN SALAD

Revised from Food Hero

Ingredients:

6 oz spinach (about 7 cups)
3 oranges
1½ cups strawberries, halved
1 cup walnuts, chopped
(toasted if desired)

Dressing:

1 tsp– sugar
¼ tsp– paprika
2 Tbsp– orange juice
1 Tbsp– lemon juice
1½ tsp– vinegar
1 tsp– onion, finely chopped
2 Tbsp– olive oil

Directions:

1. Wash and dry spinach, tear into pieces.
2. To prepare orange: cut off peel and membrane of outer part of the sections. Using a paring knife gently cut out sections from membrane edges. You end up with orange sections with no outer membrane.
3. To make dressing: Combine all ingredients in a jar and shake well or blend in a blender.
4. Right before serving, toss orange and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately.
5. Refrigerate leftovers within 2 hours.



Nutrition Facts

10 servings per container
Serving size 1 cup (122g)

Amount per serving

Calories 140

% Daily Value*

Total Fat	10g	13%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	10g	4%
Dietary Fiber	3g	11%
Total Sugars	6g	
Includes	0g Added Sugars	0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	72mg	6%
Iron	2mg	10%
Potassium	132mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.