



Spring Green Salad



Ingredients

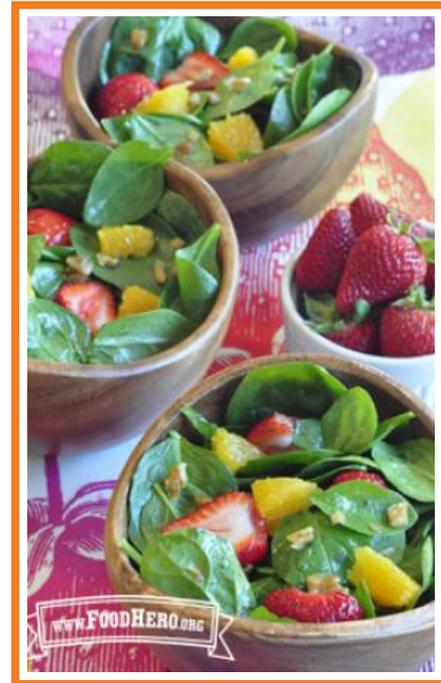
SALAD

- 6 ounces fresh **spinach** (about 7 cups)
- 3 **oranges** (any type)
- 1 ½ cups halved **strawberries**
- 1 cup **walnut** pieces (toasted, if desired)

DRESSING

- 1 teaspoon **sugar**
- ¼ teaspoon **paprika**
- 2 Tablespoons **orange juice**
- 1 Tablespoon **lemon juice**
- 1 ½ teaspoons **vinegar** (any type)
- 1 teaspoon finely chopped **onion**
- 2 Tablespoons **vegetable oil**

Makes: 10 cups
Prep time: 15 minutes



Directions

1. Wash hands with soap and water.
2. Wash and dry spinach, tear into pieces and chill.
3. 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. This will make orange sections with no outer membrane.
4. In a small bowl or a jar with a tight fitting lid, add all dressing ingredients. Mix or shake well and set aside.
5. Right before serving, toss orange sections and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Notes

- Freeze extra orange and lemon juice to use later.

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Nutrition Facts

10 servings per container	
Serving size	1 cup (132g)
Amount per Serving	
Calories	100
% Daily Value*	
Total Fat 6g	8 %
Saturated Fat 0.5g	3 %
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0 %
Sodium 30mg	1 %
Total Carbohydrate 11g	4 %
Dietary Fiber 3g	11 %
Total Sugars 7g	
Includes 0g Added Sugars	0 %
Protein 2g	
Vitamin D 0mcg	0 %
Calcium 69mg	6 %
Iron 2mg	10 %
Potassium 166mg	4 %
Vitamin A 136mcg	15 %
Vitamin C 56mg	62 %

*The % Daily Value (DV) 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.