

Spring Green Salad

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

12 cups **spinach**
1 clove minced **garlic**
1 cup **walnut** pieces
2 tablespoons **butter**
2 **oranges**
1 cup **strawberries**, halved

Dressing:

1 teaspoon **sugar**
1/4 teaspoon **paprika**
2 tablespoon **orange juice**
1 tablespoon **lemon juice**
1 1/2 teaspoon **vinegar**
1 teaspoon finely chopped **onion**
1/4 cup salad **oil**

Directions:

1. Wash and dry spinach, tear into pieces, chill.
2. Sauté walnuts and garlic in butter. Stir frequently as walnuts and garlic burn easily.
3. To prepare orange: Cut off peel and membrane of outer part of the sections. Then, using a paring knife gently cut out sections from membrane edges. You should end up with sections of orange with no outer membrane attached. It is worth the extra effort to see the bright vibrant color.
4. To make dressing: Combine all ingredients in a jar and shake well or blend in a blender.
5. Right before serving, toss orange and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately.

Bright Ideas:

Nutrition Facts	
Serving Size 1 cup (80g)	
Servings Per Container 12	
Amount Per Serving	
Calories 80	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 60%	• Vitamin C 50%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

12 servings, 1 cup each

Source: Glenda Hyde, Deschutes County, Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>