



Harvest Green Salad with Orange Vinaigrette

6-7 Servings

This bright and flavorful salad can be served as a side with grilled fish or chicken or as an entree with whole grain bread for a nice summer meal.

Dressing:

- 1 teaspoon grated orange zest (orange outer part of the rind)
- ¼ cup orange juice
- 2 teaspoons balsamic vinegar
- ¼ tsp salt
- 3 Tablespoons olive oil
- Ground pepper to taste

Salad:

- 2 cups spinach leaves
- 3 cups salad greens
- 1/2 cup almonds (dry roasted or raw)
- 1 cup red grapes, halved
- 1/2 cup dried cranberries

- Dressing: Combine orange zest, juice vinegar and salt. Let stand while making salad ingredients (at least 15 minutes). Whisk in olive oil and season with pepper.
- Wash and dry spinach and lettuce leaves. Tear into bite-size pieces and place in large salad bowl. Add almonds, grapes and cranberries to salad greens. Toss.
- Add dressing to salad just before serving.

Nutrition Information

Calories: 140	Carbohydrates: 17g
Total fat: 7g	Fiber: 2.5g
Saturated fat: 0.8g	Protein: 2.7g