

Spring Green Salad

Brighten up your salad with spinach and strawberries straight from the farmer's market or your garden!

Makes: 10 Servings
Prep time: 10 minutes

Source: [foodhero.org/recipe/spring Green Salad](http://foodhero.org/recipe/spring-Green-Salad)

Ingredients

Salad

- 6 ounces spinach (about 7 cups)
- 3 oranges
- 1 1/2 cups strawberries, halved
- 1 cup walnut pieces (toasted if desired)

Dressing

- 1 teaspoon sugar
- 1/4 teaspoon paprika
- 2 Tablespoons orange juice (juice from 1/4 orange)
- 1 Tablespoon lemon juice
- 1 1/2 teaspoons vinegar
- 1 teaspoon finely chopped onion
- 2 Tablespoons salad oil

Directions

Salad

1. Wash and dry spinach, tear into pieces, and chill.
2. To prepare orange: Cut off peel and membrane of outer part of the sections.
3. Using a paring knife gently cut out sections from membrane edges. You end up with orange sections with no outer membrane.

Dressing:

1. Combine all ingredients in a jar and shake well or blend in a blender.
2. Right before serving, toss orange and strawberries with walnuts and spinach.
3. Add dressing to coat salad.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	100
Total Fat:	6 g
Saturated Fat:	0.5 g
Cholesterol:	0 mg
Sodium:	30 mg
Total Carbohydrates:	11 g
Dietary Fiber:	3g
Total Sugars:	7 g
Added Sugars:	7 g
Protein	2 g

Utensils Needed

- Paring Knife
- Cutting Board
- Bowls
- Jar

SHOPPING LIST

Average total cost without oil and seasoning: \$10.78

Average cost/serving: \$1.07

Recipe makes: 10 cups

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Fresh Spinach



Add 3 to Cart
oranges



Add 1 to Cart
Fresh Strawberries



Add 1 to Cart
1 bag of Walnuts



Add 1 to Cart
One onion



Add 1 to Cart
1 lemon

SAVE TIME, SAVE MONEY

Preparation Tips

- Wash only the spinach you will be using.
- Storing wet spinach can speed spoilage.
- Fill a bowl with cold water and swish loose leave around.
- Let leaves sit in the water to allow dirt to settle.
- Lift leaves from water. Drain and rinse bowl.
- Repeat steps 1 through 3 until there is no grit on the bottom of the bowl
- Pat leaves dry if needed.
- Keep fresh spinach in open plastic bags in the refrigerator vegetable drawer.

Storage Tips

- Plan to use within 5 days.
- Pre-washed spinach can be stored for up to 1 week in the refrigerator.
- Spinach must be blanched (cooked briefly) before freezing.
- Use frozen spinach within 10 to 12 months