Spinach-Orange Salad

FOOD WISE
Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY
515 W Moreland Blvd.
Administration Center Rm G22, Waukesha WI 53188
Phone: 262-548-7877
Para más información español comuníquese con 262-548-7882
waukesha.extension.wisc.edu

Ingredients (makes 7 servings, serving size: 1 cup)

- 1 (10 ounce) bag — Fresh spinach
- 1 (15 ounce) can — Mandarin oranges, drained
- 1/4 cup — Walnuts or almonds (optional)
- About 4 Tablespoons — Craisins (dried cranberries) (optional)
- Reduced fat — Raspberry vinaigrette salad dressing

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Directions

1. Wash and dry spinach leaves (if not pre-washed)
   Tear into bite-sized pieces. Place in a medium sized bowl.
2. Drain oranges. Place on top of spinach.
3. Sprinkle with nuts and craisins (if desired)
4. Add salad dressing (about 4 Tablespoons or as desired)

Calories	134	Total Sugars	15.3g	Sodium	132mg
Protein	2.6g	Total Fat	6.2g	Cholesterol	0mg
Carbohydrate	18.3g	Saturated Fat	.8g	Fiber	2.2g