

SUNSHINE SALAD

SERVES 5

INGREDIENTS

5 cups spinach leaves,
packed, washed, and
dried well

½ red onion, sliced thin

½ red pepper, sliced into
strips

1 cucumber, sliced

2 oranges, peeled and
chopped into bite-size
pieces, or 1 11-oz can of
mandarin oranges, drained

1/3 cup vinaigrette dressing
("lite", around 15 calories
per tablespoon or less)

DIRECTIONS

1. Toss first five ingredients together in a large bowl.
2. Add dressing and toss again.
3. Serve immediately.

DID YOU KNOW?

Cucumbers are 96% water!

Nutrition Benefits of Cucumbers:

- Sodium free
- Low-calorie
- Good source of vitamins C and K, and Potassium



Nutrition Facts

Serving Size: 1/5 of recipe
Calories: 70
Total Fat: 0g
Cholesterol: 0mg
Sodium: 180mg
Total Carbohydrate: 16g
Dietary Fiber: 3g
Sugars: 9g
Protein: 2g

Recipe courtesy of SNAP-Ed
Connection,
<http://recipefinder.nal.usda.gov/>

Visit the website for more recipes: z.umn.edu/therecipebox

SIMPLY GOOD EATING

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