

Spinach Orange Salad

Just Say Yes to Fruits and Vegetables

This easy side salad will quickly become one of your summer staples.



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Spinach Orange Salad

Serves 4 • Serving: 1½ cups



Remember to rinse the fresh spinach under water before using.

Ingredients:

- 4 cups fresh spinach, stems removed and torn
- 2 cups peeled orange sections
- 1 thinly sliced onion
- 1 tablespoon vegetable oil
- 1 tablespoon vinegar
- 3 tablespoons orange juice
- Salt and pepper, to taste

Directions:

1. In a large bowl, combine spinach, orange sections and onion slices. Toss gently.
2. In a small bowl, combine oil, vinegar and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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