

Spinach Mandarin Orange Salad

Prep Time: 10 minutes

Makes 4 servings

Ingredients:

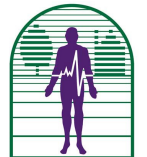
6 cups fresh spinach (about one, 6 ounce bag)
1 can (11 ounces) mandarin oranges, drained
1/4 cup sliced red onion
1/4 cup slivered or chopped nuts (almonds, walnuts, or pecans)
1/4 cup light poppy seed salad dressing (or other light dressing of choice)

Directions:

1. Open can of mandarin oranges and drain excess juice.
2. Add spinach to a large bowl. Top with drained mandarin oranges, red onion, and nuts of choice.
3. Pour dressing over salad and gently mix until combined.
4. Evenly divide salad into four bowls. Serve immediately.



Spinach is a great source of iron, which helps keep your blood and body healthy!



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Substitutions:

- Mix up your greens! Try using other types of dark leafy greens such as swiss chard or kale.
- Add variety with different fruits such as fresh strawberry slices, orange segments, or dried cranberries.

Serving Size: 1/4 recipe

Nutrition Facts:

Calories: 105

Fat: 5 g

Saturated Fat: 1 g

Sodium: 158 mg

Total Carbohydrates: 13 g

Fiber: 3 g

Protein: 3 g



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Nutrition Services

For more recipes and information about FREE public health services visit:
www.cghealth.com or call 641-421-9300