Spring Green Salad

Ingredients

Salad

6 ounces fresh **spinach** (about 7 cups)

3 oranges (any type)

1½ cups halved strawberries

1 cup walnut pieces (toasted, if desired)

Dressing

1 teaspoon sugar

¼ teaspoon paprika

2 Tablespoons **orange juice**

1 Tablespoon lemon juice

1½ teaspoons vinegar (any type)

1 teaspoon finely chopped onion

2 Tablespoons vegetable oil

Instructions

- 1. Wash hands with soap and water.
- **2.** To prepare orange: Cut off peel and membrane of outer part of the sections. Using a paring



knife, gently cut out sections from membrane edges. This will make orange sections with no outer membrane.

- **3.** In a small bowl or a jar with a tight fitting lid, add all dressing ingredients. Mix or shake well and set aside.
- **4.** Right before serving, toss orange sections and strawberries with walnuts and spinach. Add dressing to coat salad. Serve immediately.
- 5. Refrigerate leftovers within 2 hours.





Visit FoodHero to find this recipe and many more healthy, tasty recipes that fit your budget!