

## Fruity Greens with Balsamic Orange Vinaigrette (4 servings)

- 1 (10 oz) package Romaine or Spring Mix lettuce (about 6 cups)
- 1 (11 oz) can mandarin oranges in light syrup, drained
- 1 large apple with peel, diced
- $\frac{1}{2}$  cup raisins (sweetened dried cranberries)
- $\frac{1}{4}$  cup sliced almonds or diced walnuts



In a large bowl toss together lettuce, oranges, apple and raisins. Drizzle salad with  $\frac{1}{2}$  cup vinaigrette (see recipe below) and sprinkle with nuts. Serve immediately. To make this a *main dish* salad, top salad with 3 oz. of grilled chicken breast or roasted pork tenderloin per serving.

Nutrition Information, per serving salad (with vinaigrette):

230 calories, 5 g total fat, 0 saturated fat, 0 cholesterol, 55 mg sodium, 45 g carbohydrate, 5 g fiber, 3 g protein, 100% vitamin C, 110% vitamin A.  
Pyramid Servings: 1  $\frac{1}{2}$  vegetable and 2  $\frac{1}{2}$  fruit servings.

## Balsamic Orange Vinaigrette

- 6 oz frozen orange juice concentrate, thawed
- $\frac{1}{3}$  cup balsamic vinegar
- $\frac{1}{3}$  cup water
- 2 TBSP olive oil
- 2 TBSP honey
- 2 - 3 garlic cloves, minced
- $\frac{1}{4}$  tsp salt
- $\frac{1}{8}$  tsp pepper

Place all ingredients in a screw-top jar. Cover and shake well to blend. May be stored in the refrigerator for up to a week. Makes about 1  $\frac{1}{2}$  cups.

Nutrition Information, per 2 TBSP:

60 calories, 2 g total fat, 0 saturated fat, 45 mg sodium, 10 g carbohydrate, 40% Vitamin C