

RECIPES TO HELP YOU MAKE SMART CHOICES FOR THE WINTER MONTHS



Shop Smart, Eat Smart



Winter Greens Salad

Ingredients:

- 4 cups greens, such as kale, spinach, or swiss chard, torn
- 1 orange, peeled and sectioned
- 3 tablespoons walnuts, chopped
- 2 tablespoons canola oil
- 2 tablespoons distilled vinegar
- 2 tablespoons onion, finely chopped
- 1 tablespoon orange juice
- 1 teaspoon honey
- ¼ teaspoon ground black pepper

Directions:

- Add the greens, orange, and walnuts to a bowl. Toss to mix.
- In a separate bowl, whisk together oil, vinegar, onion, juice, and honey.
- Drizzle over salad and season with ground black pepper. Toss to combine.

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP - and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.



Follow Us | Like Us



Nutrition Facts

5 servings per container	
Serving size	1 serving (75.43g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 1g of Added Sugars	2%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1mg	4%
Potassium 215mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips:

- ◆ Try adding mushrooms or apple slices to the salad for a different flavor.
- ◆ You can replace the walnuts with almond slices.
- ◆ Cook what you have on hand. Learning to substitute foods in recipes can save you money!

(Recipe from Pennsylvania Nutrition Education Network Website Recipes, as listed at: <https://www.whatscooking.fns.usda.gov>.)



Fresh Cranberry Sauce

Ingredients:

- 1 cup orange juice
- ½ cup honey
- 12 ounces fresh cranberries
- 1 apple, diced
- 1 teaspoon vanilla extract
- 3 whole cloves (optional)
- ¼ teaspoon ground cinnamon

Directions:

- Combine orange juice and honey in a saucepan. Bring to a boil.
- Add remaining ingredients to the saucepan and gently boil for 12-15 minutes or until the cranberries burst, stirring occasionally.
- Once cooled, remove the cloves. Cover and chill. Refrigerate until serving.

Nutrition Facts

12 servings per container	
Serving size	1 serving (78.59g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 11g of Added Sugars	22%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 88mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips:

- ◆ Add pecans or almonds for a crunch or celery to make cranberry relish.
- ◆ Cranberries have been shown to be beneficial to urinary health.
- ◆ Cranberries contain dietary fiber, essential vitamins, and minerals.

(Recipe adapted from: <https://www.oceanspray.com>.)