

Recipes

Winter Greens salad

Number of servings: 5

Preparation time: 15 minutes

Total time: 15 minutes

Ingredients:

- 2 tablespoons vinegar
- 2 tablespoons vegetable oil
- 1 tablespoon orange juice
- 1 teaspoon honey or sugar
- 4 cups of washed winter greens (spinach, kale or swiss chard)
- 1 orange, peeled and sections cut in half
- 2 tablespoons of red onion, chopped fine
- 1/4 teaspoon pepper and salt
- 3 tablespoons chopped walnuts (you may want to toast these first)

Equipment Needed:

Cutting board
Knife
Large bowl
Small bowl
Fork or whisk
Measuring spoons and cup

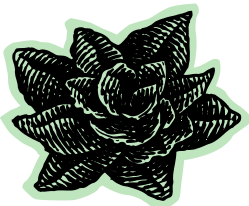
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Directions

- If you are toasting the walnuts, sauté them in a skillet on medium heat or place them in the oven at 400° until brown and fragrant.
- Wash the greens and separate the leaves. If the leaves are large, tear them into smaller pieces.
- Peel the orange and cut the sections in half. Combine the orange, walnuts and greens in the larger bowl and toss to mix.
- In the small bowl, whisk together oil, vinegar, juice, honey or sugar, and finely chopped red onion.
- Pour over the salad. Season with salt and pepper and toss to combine. Serve right away.



Cook what you have!
Learning to substitute
foods in recipes can
save you money.

Nutrition Facts

Serving Size: 1 cup
Recipe makes 5 servings
Calories 120

Amount Per Serving	%DV
Total Fat 6g	9%
Saturated Fat 0g	2%
Trans fat 0g	

Cholesterol 0mg	0%
Sodium 55 mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Protein 3g	5%
Vitamin A	240%
Vitamin C	300%
Calcium	25%

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

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