

# Eat Smart • Move More

## Winter Greens Salad

Prep Time: 15 minutes

Total Time: 15 minutes



### 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.

### Nutrition Facts

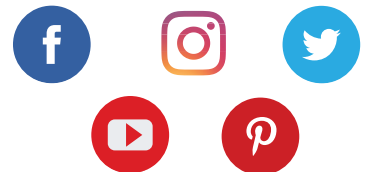
|                              |                           |
|------------------------------|---------------------------|
| 5 servings per container     |                           |
| <b>Serving size</b>          | <b>1 serving (75.43g)</b> |
| <b>Amount per serving</b>    |                        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

\*The % Daily Value (DV) tells you how much a nutrient in a serving 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!

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

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