



Salad Savvy

1. Choose one or more greens.	2. Choose one protein source.	3. Choose 2 or 3 fruits or vegetables.	4. Choose a dressing.
<ul style="list-style-type: none"> • Red or green leaf lettuce • Romaine lettuce • Boston or Bibb lettuce • Broccoli slaw • Spinach • Raddichio (red lettuce) • Shredded cabbage • Pre-washed variety lettuce mix 	<ul style="list-style-type: none"> • Walnuts • Almonds • Pecans • Peanuts • Boiled Egg • Sunflower seeds • Diced turkey • Diced ham • Grilled chicken breast • Shredded cheese • Tofu • Chickpeas • Kidney beans 	<ul style="list-style-type: none"> • Cucumber • Carrots • Raisins • Pineapple chunks • Tomatoes • Cherry Tomatoes • Beets • Mandarin oranges • Mango • Apple • Purple cabbage • Onions • Black olives • Mushrooms • Artichokes • Berries • Broccoli • Cauliflower 	<ul style="list-style-type: none"> • Italian • Poppyseed • Ranch • French • Blue Cheese • Honey Mustard • Tomato Vinaigrette • Oil & Vinegar • Vidalia Onion • Caesar • Sweet & Sour <p><i>Most dressings are available in reduced-fat or fat-free versions.</i></p>





Spinach & Orange Salad

2 Tbsp chopped pecans	¼ cup dried cranberries or raisins
8 cups fresh spinach, washed or a 10 oz bag washed spinach	½ cup raspberry vinaigrette or other vinaigrette
2 oranges, cut in sections, or 2 can (11 oz) mandarin oranges, drained	4 Tbsp shredded cheddar cheese, optional

1. Toast pecans in a nonstick skillet over medium heat until lightly browned, about 3 minutes. Set aside.
2. Arrange 2 cups spinach each on 4 plates or salad bowls. Arrange ½ cup orange sections over spinach.
3. Top each salad with 1-tablespoon cranberries or raisins and 1 tablespoon of cheese, if using.
4. Drizzle vinaigrette over each salad. Serve immediately. Makes 4 servings.

Nutrition Facts per serving

**Serving size: 1 salad (about 2
½ cups)**

Total calories

139

Total fat

3 g

Total carbohydrate

27 g

This is an official 5 A Day recipe adapted from NewStar/Ceres Fresh Foods, LLC.



<http://www.phs.org/healthyliving/recipes/2001/salad.htm>