VIRGINIA Family Nutrition Program
Eat Smart Move More

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

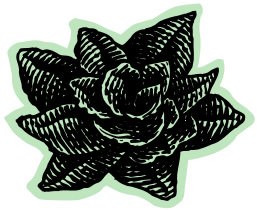
- If you are toasting the walnuts, sauté them in a skillet on medium heat or place them in the oven at 400° until brown and fragrant.
- Wash the greens and separate the leaves. If the leaves are large, tear them into smaller pieces.
- Peel the orange and cut the sections in half. Combine the orange, 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.

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 0**mg**	0%
Sodium 55 **mg**	2%
Total Carbohydrate 16**g**	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



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

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