SPINACH ORANGE SALAD

Remember to rinse the fresh spinach under water before using.

Just Say Yes
To Fruits & Vegetables
www.foodbankst.org/jsy
SPINACH ORANGE SALAD
SERVES 4 • SERVING: 1 1/2 CUPS

INGREDIENTS:
• 4 cups fresh spinach, stems removed and torn
• 2 cups peeled orange sections
• 1 thinly sliced onion
• 1 tablespoon vegetable oil
• 1 tablespoon vinegar
• 3 tablespoons orange juice
• Salt and pepper, to taste

DIRECTIONS:
1. In a large bowl, combine spinach, orange sections and onion slices. Toss gently.
2. In a small bowl, combine oil, vinegar and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers.

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Recipe provided in partnership by the Food Bank’s Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.