

# SPINACH ORANGE SALAD

*Remember to rinse the fresh spinach under water before using.*



**food**  
**bank**  
of the Southern Tier

*Just Say Yes*

To Fruits & Vegetables

[www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)



**FIDELIS CARE**®

## **SPINACH ORANGE SALAD**

**SERVES 4 • SERVING: 1½ CUPS**

*Just Say Yes*

To Fruits & Vegetables

### **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.

**For more great recipes visit [www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)**

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.