



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>