

Sunshine Salad

Salads are low in calories and high in nutrition. Take a break from those hearty, winter meals and let a little sunshine in with this refreshing salad.

- 5 c. spinach leaves (packed, washed and dried well)
- ½ red onion (sliced thinly)
- ½ red pepper (sliced)
- 1 cucumber (sliced)
- 2 oranges (peeled and chopped into bite-size pieces)
- 1/3 c. low-calorie vinaigrette dressing (15 cal./tbsp. or less)

Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Yield: 5 servings. Each serving provides 70 calories, 0g total fat, 0mg cholesterol, 180mg sodium, 3g dietary fiber, 2g protein and 9g sugar.

Source: www.usda.gov

