

SALAD DISHES

Spinach Mandarin



Ingredients:

- * 10 cups baby spinach
- * 1½ cups matchstick carrots
- * 2 cups snow peas, sliced in halves
- * 1 red bell pepper, seeded & diced
- * 1½ cans (15oz) mandarin oranges, no sugar added, drained

Dressing:

- * ¼ cup extra virgin olive oil
- * 1 tsp lemon zest
- * 3½ tbsp fresh lemon juice
- * 2 tbsp ginger, peeled & grated
- * 1 clove garlic
- * 1 tsp Dijon mustard

Directions:

Makes 4 servings.

For Dressing: Place all ingredients in blender and pulse until finely minced and blended. For Salad: Add all ingredients into large bowl and toss to combine. Drizzle with dressing and toss gently.

Nutrition Facts	Amount Per Serving		% Daily Values*		Amount Per Serving	% Daily Values*		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
	Total Fat 14g	22%	Total Carbohydrate 31g	10%		Total Fat	Less than 65g	
Serving Size 1 Calories 274	Saturated Fat 2g	10%	Dietary Fiber 5g	20%	Sat Fat	Less than 20g	25g	
	Trans Fat 0g		Sugars 19g		Cholesterol	Less than 300mg	300mg	
	Cholesterol 0mg	0%	Protein 4g	8%	Sodium	Less than 2400mg	2400mg	
	Sodium 95mg	4%			Total Carbs	300g	375g	
	Vitamin A 110%				Dietary Fiber	25g	30g	
			Vitamin C 194%					

Topping options: Sesame seeds Tortilla strips Sliced almonds Whole wheat Noodles



Almonds are a great source of vitamin E, which is an important antioxidant that protects cells!

Recipe adapted from: <http://www.cookingclassy.com/2015/01/mandarine-orange-spinach-salad-with-chicken-and-lemon-honey-ginger-dressing/>

SALAD DISHES

Spinach Strawberry Salad



Ingredients:

- * 8 cups baby spinach
- * 8 strawberries, sliced thin
- * 4 tbsp reduced fat feta cheese

Raspberry vinaigrette

- * ¼ cup apple cider vinegar
- * ¼ cup extra virgin olive oil
- * ½ cup frozen raspberries
- * ¼ cup water

Directions:

Makes 8 servings.

First make the vinaigrette by adding all ingredients into a blender. Blend until smooth. Place spinach, strawberries and feta cheese into a large bowl. Add vinaigrette and mix until evenly coated.

Nutrition Facts	Amount Per Serving		% Daily Values*		Amount Per Serving		% Daily Values*	
	Total Fat 8g	12%	Total Carbohydrate 5g	2%	Total Fat	Less than 65g	80g	
Serving Size 1 Calories 98	Saturated Fat 2g	10%	Dietary Fiber 2g	8%	Sat Fat	Less than 20g	25g	
	Trans Fat 0g		Sugars 1g		Cholesterol	Less than 300mg	300mg	
	Cholesterol 2mg	1%	Protein 3g	6%	Sodium	Less than 2400mg	2400mg	
	Sodium 142mg	6%			Total Carbs	300g	375g	
	Vitamin A 75%		Vitamin C 46%		Dietary Fiber	25g	30g	
			Calcium 8%		* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			

Did you know? Spinach is a nutrient-dense food. It is low in calories but high in vitamins A, C, and K, and is an excellent source of protein, fiber, iron and calcium!

SALAD DISHES

Carrot Apple Slaw



Ingredients:

- * 10 oz shredded carrots
- * 4 cups Granny Smith apples, cut into matchstick slices
- * ½ cup raisins (not packed)
- * ¼ cup plain Greek yogurt
- * 1 tbsp light mayonnaise
- * *Optional: 3 tbsp honey*

Directions:

Makes 6 servings.

Whisk together yogurt and mayonnaise in a large bowl. Add in carrots, apples and raisins. Toss well to coat evenly. Add honey if you desire a sweeter salad.

Nutrition Facts	Amount Per Serving		Amount Per Serving		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
		% Daily Values*		% Daily Values*	
Serving Size 1 Calories 111	Total Fat 1g	2%	Total Carbohydrate 25g	8%	Calories 2,000 2,500
	Saturated Fat 0g	0%	Dietary Fiber 4g	16%	Total Fat Less than 65g 80g
	Trans Fat 0g		Sugars 15g		Sat Fat Less than 20g 25g
	Cholesterol 1mg	0%	Protein 2g	4%	Cholesterol Less than 300mg 300mg
	Sodium 37mg	2%			Sodium Less than 2400mg 2400mg
	Vitamin A 28%				Total Carbs 300g 375g
					Dietary Fiber 25g 30g

Topping options:

Shredded celery

Dried cranberries/blueberries



Carrots are a great source of vitamin A, important for healthy vision, and apples are a great source of vitamin C, important for a healthy immune system.

Recipe adapted from: <http://realhousemoms.com/carrot-apple-slaw/>