

Grapefruit Spinach Salad Oriental

Makes: 6 Servings

Ingredients

- 10 ounces** fresh spinach, washed and drained (about 4 1/2 cups)
- 1 can** sliced mushrooms, drained (4 ounces)
- 1 can** water chestnuts, diced (5 ounces)
- 2** grapefruits, sectioned and diced
- 1/4 cup** vegetable oil
- 1 tablespoon** vinegar
- 2 tablespoons** grapefruit juice
- 1 tablespoon** soy sauce, low-sodium
- 1/4 teaspoon** hot pepper sauce
- 1/4 teaspoon** salt
- 1 teaspoon** dry mustard

Directions

1. Tear spinach coarsely and place in large salad bowl.
2. Add mushrooms, water chestnuts, and grapefruit.
3. Mix together oil, vinegar, grapefruit juice, soy sauce, hot pepper sauce, salt, and dry mustard.
4. Toss dressing with spinach mixture and serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	10 g	15%
Protein	3 g	
Carbohydrates	12 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	310 mg	13%