

Sunshine Salad

Makes: 5 servings

Ingredients

5 cups spinach leaves (packed, washed, and dried well)
1/2 red onion (sliced thin)
1/2 red pepper (sliced)
1 cucumber (whole, sliced)
2 orange (peeled and chopped into bite-size pieces)
1/3 cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

Directions

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

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	16 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	180 mg	8%