

Citrus Balsamic Spinach Salad

This side salad recipe is extremely versatile, and you can swap in different leafy greens and fruits, depending on what is in season. Top with chicken or salmon for a complete meal!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

For the Vinaigrette:

2 Tbsp	Extra Virgin Olive Oil
1 Tbsp	Balsamic Vinegar
1 each	Satsuma/Mandarin, juiced
½ tsp	Dijon Mustard
½ tsp	Honey
¼ tsp	Kosher Salt

For the Salad:

6 cups	Baby Spinach, lightly packed
2 each	Satsuma/Mandarin, pith removed, segmented & cut in half
¼ cup	Pecans, toasted, chopped
1 oz	Goat Cheese, crumbled
¼ cup	Parsley, fresh, chopped

CHEF'S NOTES

This salad recipe is bursting with both flavor and nutrients. Oranges are an excellent source of Vitamin C, which is important for healthy immune function and protecting cells from damage. Spinach is loaded with Vitamin K, which is essential to bone health and healing. Pecans are a “heart-healthy” nut that contain a variety of minerals and healthy monounsaturated fat, which keeps you feeling full longer. When combined, these ingredients make a nutrient-dense salad that is light and flavorful.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small container with a lid, combine all ingredients for the dressing. Shake well to combine and set aside.
3. To assemble the salad, place baby spinach in a large bowl and top with orange segments, pecans, cheese, and parsley.
4. Prior to serving, toss salad with the vinaigrette. Chill for 10 minutes for maximum flavor.

Nutrition Facts

4 servings per container

Serving Size about 1 1/2 cups (154 g)

Amount per serving

Calories 190

% Daily Value *

Total Fat 14g 18%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 5mg 0%

Sodium 190mg 8%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0.04mcg 0%

Calcium 60mg 5%

Iron 0.66mg 4%

Potassium 200mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

