



Arugula, Spinach & Orange Salad



Ingredients:

- 1 Bunch arugula
- 1 Bunch spinach
- 4 Oranges
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. finely chopped green onion
- 1 Teaspoon dijon mustard
- 2 Tbsp. olive oil
- 1 Red onion, thinly sliced
- 1/2 Teaspoon salt
- 1/2 Teaspoon black pepper

Makes 6 servings

Preparation:

Squeeze 1/4 cup of orange juice.
Dressing: In a bowl, whisk together the orange juice, vinegar, green onion, mustard, salt, pepper, and olive oil peel and thinly slice the oranges. In another bowl, mix the arugula and spinach. Scatter the onions and the orange slices over the salad greens. Drizzle the dressing over the salad and serve.

Nutritional information per serving:

Calories 118, Fat 4gm,
 Saturated fat 1 gm, Cholesterol 0 mg,
 Carbohydrates 15gm, Protein 4gm,
 Fiber 10gm, Sodium 212mg

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
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