



December 13- Sunshine Salad

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/sunshine-salad>

Recipe

Ingredient:

- 5 cups spinach leaves (packed, washed, and dried well)
- ½ red onion (sliced thin)
- ½ 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.

Yield 5 servings

Nutrition Facts	
Serving Size 1/5 recipe (208.01g)	
Servings Per Container 5	
Amount Per Serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	13%
Sugars 8g	
Protein 2g	5%
Vitamin A 80%	Vitamin C 100%
Calcium 8%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	