



December 14- Orange Almond Salad

Smart Snack

Link: No link, DWD recipe

Recipe

Ingredients:

- 1½ cup assorted greens
- 1 navel or mandarin orange, peeled and separated into sections (may substitute canned mandarin oranges, drained and rinsed)
- ¼ cup thinly sliced celery
- 1 Tablespoon chopped green onion
- 2 Tablespoons cider vinegar
- 2 Tablespoons sucralose based non-nutritive sweetener
- 1 teaspoon olive or canola oil
- 1 Tablespoon toasted slivered almonds

Directions:

1. Combine greens, orange sections, celery, and green onions in a large bowl.
2. Place salad on two salad plates and garnish with ½ Tablespoon of almonds over each salad.
3. Combine vinegar, sucralose non-nutritive sweetener, and oil in small mixing bowl; stir until well blended and drizzle over each salad. Serve immediately.

Yield 2 servings

Nutrition Facts			
Serving Size: 1 serving (144.5g)			
Servings: 1			
Amount Per Serving			
Calories 80	Calories from Fat 40		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 0g	2%		
Trans Fat 0g			
Polyunsaturated Fat 0.5g			
Monounsaturated Fat 2.5g			
Cholesterol 0mg	0%		
Sodium 50mg	2%		
Potassium 300mg	8%		
Total Carbohydrate 10g	3%		
Dietary Fiber 2g	10%		
Sugars 7g			
Protein 2g			
Vitamin A 50%	• Vitamin C 30%		
Calcium 6%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g