



## Recipe of the Month - May 2017

### Orange Dressing with Fruit and Greens

Serves 4

Serving Size: 3 cups salad with 2 tablespoon dressing

#### Ingredients:

##### Dressing:

1/4 cup orange juice

2 tablespoons vinegar

1 1/2 tablespoons white sugar

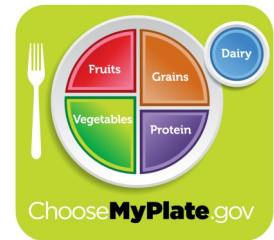
2 tablespoons oil (canola, olive, or vegetable)

##### Salad:

8 cups greens (romaine, lettuce, or spinach)

2 cups vegetables, chopped (broccoli, cabbage, carrots, celery, peppers, onions, cauliflower, or tomato)

2 cups fruit, chopped (apples, berries, grapes, or oranges)



Make MyPlate Your Plate

#### Directions:

1. Combine dressing ingredients in a container with a screw top. Close tightly and shake until combined. Store in the refrigerator until ready to use (up to 1 week).
2. For each salad, top 2 cups of greens with 1/2 cup vegetables and 1/2 cup fruit.
3. Take dressing from the refrigerator and shake hard to combine ingredients again. Drizzle 2 tablespoons of dressing onto each salad.

#### Tips:

- Combine all dressing ingredients by beating with a whisk or fork if you do not have a container with a screw top.
- Use any fruit juice you want. Leave out the sugar with sweeter juices such as pomegranate or clementine.
- This salad dressing will be thinner than store bought salad dressing.
- 1/2 tablespoon equals 1 1/2 teaspoons

**NUTRITION FACTS PER SERVING:** 160 calories, 7g total fat (0 g sat. fat), 0mg cholesterol, 60mg sodium, 21g carbohydrates, 5g fiber, 14g sugar, 3g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*