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)

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