

Sunshine salad



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

5

Serving size

1/5 of prepared recipe

Time to make

20 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 5 cups spinach leaves, packed, washed and dried well
- 1/2 red onion, sliced thin
- 1/2 red pepper, sliced into strips
- 1 cucumber, sliced
- 2 oranges, peeled and chopped into bite-size pieces, or 1 11-ounce can of mandarin oranges, drained
- 1/3 cup vinaigrette dressing (“lite”, around 15 calories per tablespoon or less)

Directions

1. Toss first five ingredients together in a large bowl.
2. Add dressing and toss again.
3. Serve immediately.

Tips and variations

- Add or substitute other leafy greens or vegetables as desired.
- To make this salad a complete meal, top the salad with chopped peanuts, sunflower seed kernels, or boiled and chopped chicken breast. Serve the salad with whole grain bread.

Nutritional info

Calories

63

Total fat

0.7 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

125 mg

Total carbohydrates

13 g

Dietary fiber

2.7 g

Protein

1.8 g

Total sugar

8.8 g

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