GREEN SALAD WITH ORANGES

Serves: 4
Preparation time: 10 minutes

INGREDIENTS

- 5 cups salad greens
- 2 ½ oranges
- ½ cup onion
- 2 tablespoons oil or low fat sesame dressing
- Optional
  - ½ cup chopped nuts

INSTRUCTIONS

1. Wash and chop the salad greens.
2. Peel and chop the onions.
3. Peel the oranges and cut 2 of them into sections.
4. Put the salad greens, onions, and oranges in a large bowl, then squeeze in the juice from the remaining ½ orange and the oil or the dressing. Mix all the ingredients together.

Adapted from the California Department of Public Health, Nutrition Education and Obesity Prevention Branch

HELPS SUPPORT
Imune system.

HOW TO USE
Cut them into bite-sized pieces and add them to your cereal, fruit salad, or a smoothie; Slice them and use them to top a baked chicken or pork dish; Squeeze orange juice into small paper cups, add a plastic spoon and then put them in the freezer to make popsicles.

HOW TO STORE
Keep oranges in the refrigerator for up to 2 weeks.

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