

EASY | RECIPE

Mixed Greens With Fruit and Nuts

Salad, Step 1:

- 2 seedless oranges, segmented
- 1 cup seedless red grapes, halved
- 1/3 cup thinly sliced red onion



To peel and section oranges: First cut off end of each orange, then slice away remaining peel. Next, slice and separate orange segments from white pith; do this over a bowl to catch juice.

Dressing:

- 2 tbsp juice from oranges
- 1 tbsp olive oil
- 1 tsp red wine vinegar
- ¼ tsp salt
- Fresh ground black pepper to taste

Salad, Step 2:

- 6 cups mixed greens
- ¼ cup Parmesan cheese
- 2 tbsp toasted pine nuts

To toast pine nuts: Put them in a hot dry skillet and stir until golden brown, 30-60 seconds.

- 1] Place orange segments with grapes and onion in a bowl. Whisk together dressing and toss with salad ingredients (oranges, grapes and onion).
- 2] Place greens evenly on 4 salad plates and distribute fruit salad onto each. Top with Parmesan and pine nuts. Serve immediately.

MAKES 8 cups — 4 servings. Per serving:

90 calories | 3.9g protein | 7.4g fat | 1.4g sat fat | 4mg cholesterol | 22.6g carbs | 16.4g sugar
| 5g fiber | 241mg sodium