

## Colorful Fruit-and-Greens Salad

Serves 4.

Does it seem strange to combine fruit with salad greens? It shouldn't anymore. This colorful combination of strawberries, orange, apples and fennel goes perfectly with mesclun mix — found at most grocery stores pre-cut and sold by the pound or pre-packaged — and a light, fruity vinaigrette.

Vinaigrette:  $\frac{3}{4}$  cup fresh orange juice  
2 Tbsp. white wine vinegar or champagne vinegar  
1 tsp. olive oil  
 $\frac{1}{4}$  tsp. black pepper  
1 pinch salt

4 cups mixed salad greens, such as mesclun  
 $\frac{1}{2}$  cup strawberries, sliced  
1 orange, peeled and sliced  
1 Golden Delicious apple or Bartlett pear, cored and chopped  
 $\frac{1}{2}$  cup fresh fennel, diced

In a large salad bowl, whisk together vinaigrette ingredients. Add salad greens and toss. Arrange fruit and fennel on top of greens and serve.

Nutritional Analysis Per Serving:

- 95 calories, 17 grams carbohydrate, 1 gram protein, 1 gram fat, 0 grams saturated fat, 0 milligrams cholesterol, 74 milligrams sodium, 4 grams fiber
  - 15% calories from fat
- 2  $\frac{1}{4}$  "5 A Day" servings