

5 A Day Recipes

Salads

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
- 1 orange, peeled and sliced
- $\frac{1}{2}$ cup fresh fennel, diced
- $\frac{1}{2}$ cup strawberries, sliced
- 1 Golden Delicious apple or Bartlett pear, cored and chopped

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

Calories: 95
Fat: 1 g
Carbohydrates: 17 g
Protein: 1 g
Cholesterol: 0 mg
Fiber: 4 g
Sodium: 74 mg
% Calories from Fat: 15%