

5 A Day Recipes

Salads

Sunshine Salad

Serves 5

- 5 cups (packed) spinach leaves, washed and dried well
- ½ red onion, sliced thin
- ½ red pepper, sliced
- 1 whole cucumber, sliced
- 2 oranges, peeled and chopped into bite size pieces
- 1/3 cup of bottle "lite" vinaigrette
- dressing (around 15 calories per tablespoon or less)

Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

This is an official 5 a Day recipe, and provides five people with two servings of fruits/vegetables each.

Nutritional Analysis

Cholesterol: 0 mg

Fiber: 8 g

Sodium: 200 mg

% Calories from Protein: 18%

% Calories from Carbohydrates:
62%

% Calories from Fat: 20%