

Rainbow Spinach Salad

For a colorful treat, mix green spinach, red beets and oranges for a salad rich with antioxidants and vitamins A and C.

Ingredients

- 1 lb spinach, washed, dried and chopped
- 1 cup canned sliced beets
- 2 medium oranges, peeled and sectioned

Dressing:

- 1/2 cup balsamic vinegar
- 2 T orange juice
- 2 T olive oil
- 1 T water
- 1 T honey
- 1 tsp Dijon mustard
- Salt and pepper to taste

Directions:

Put spinach in a bowl and add beets and oranges. For the dressing, combine the rest of the ingredients in a saucepan and bring to a boil. Lower the heat and simmer until the liquid is reduced by about one third. Let cool, then drizzle dressing over salad.



Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 178

Fat 7g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 92mg

Carbohydrate 21g

Dietary Fiber 5g

Protein 4g

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