

SPRING MIX GREENS and SLICED ORANGES with CITRUS VINAIGRETTE

SERVES: 6 | SERVING SIZE: 1 cup | PREP: 15 minutes | READY: 20 minutes

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 tablespoons orange juice (freshly squeezed preferred)
- 1 tablespoon white balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 container (5 ounces) spring mix lettuce blend
- 1 medium naval orange, peeled and sliced
- 1 medium blood orange, peeled and sliced
- 1/3 cup dried cherries or dried cranberries
- 1/4 cup julienned shallots or red onion
- 1/4 cup crumbled feta cheese
- 1/4 cup sunflower seeds



DIRECTIONS

To prepare vinaigrette, add oil, orange juice, vinegar, honey, mustard, salt, and pepper to a jar with a tight-fitting lid. Seal jar and shake until well combined. Refrigerate until ready to use.

Place cleaned spring mix lettuce blend in a large bowl. Add a 1/4 cup of prepared citrus vinaigrette to lettuce and toss to combine. Place lettuce greens on a serving platter or in a bowl and add naval and blood orange slices, dried cherries, shallots, feta cheese, and sunflower seeds. Drizzle top of salad with remaining vinaigrette and serve.

NUTRITION INFORMATION PER SERVING

157 calories, 7.5 g total fat, 1 g saturated fat, 0 g trans fat, 3 mg cholesterol, 176 mg sodium, 21 g total carbohydrate, 2 g dietary fiber, 16 g total sugars, 6 g added sugars, 3 g protein, 0 mcg (0%) vitamin D, 77 mg (6%) calcium, 1 mg (6%) iron, 274 mg (6%) potassium

