

Strawberry-Orange-Poppy Seed Salad

Salad of the Month – May 2013



Strawberries and orange make this flavorful salad a nutrient winner--wonderful for a side or snack.

Prep Time: 20 Min

Start to Finish: 20 Min

Makes: 4 servings (1 1/4 cups each)

INGREDIENTS

1/4 cup frozen orange juice concentrate
1 tablespoon olive oil
2 teaspoons honey
1 teaspoon Dijon mustard
1/2 teaspoon poppy seed
4 cups mixed salad greens
1 cup sliced fresh strawberries
1 orange, peeled, cut into bite-size pieces

DIRECTIONS

1. In 1-cup measuring cup, mix orange juice concentrate, oil, honey, mustard and poppy seed with fork or wire whisk until blended.
2. On 4 salad plates, arrange salad greens. Top with strawberries and orange pieces. Drizzle with dressing.

Recipe Provides: Fats & Oils 1tsp, Fruits 1/2c, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	120	Calories from Fat:	35
Total Fat:	4 g	Saturated Fat:	½ g	Cholesterol:	0 mg
Sodium:	50 mg	Total Carbohydrate:	19 g	Dietary Fiber:	3 g
Sugars:	15 g	Protein:	2 g		

