

Spinach-Mango Salad

Salad of the Month July - 2015



Vitamin rich. Spinach and mango make this recipe high in vitamins A and C.

Prep Time: 10 Min

Start to Finish: 10 Min

Makes: 6 servings (1 cup each)

INGREDIENTS

1 tablespoon canola oil
2 tablespoons cider vinegar
1/3 cup peach or apricot preserves
1/2 teaspoon salt
1 bag (6 oz.) baby spinach leaves

2 mangoes, cut lengthwise in half, seed removed and cut up (2 cups)
1/2 cup very thinly sliced red onion
1/2 cup golden raisins

DIRECTIONS

1. In small bowl, beat oil, vinegar, preserves and salt with wire whisk or fork until blended.
2. In large bowl, toss remaining ingredients. Pour dressing over spinach mixture, tossing gently to coat.



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

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Cup	Total Fat:	2 ½ g	Saturated Fat:	0 g
Calories:	170	Calories from Fat:	25	Carbohydrates:	36 g
Cholesterol:	0 mg	Dietary Fiber:	2 g	Sodium:	230 mg
Sugars:	25 g	Protein:	2 g		



Recipe adapted from www.eatbetterearly.com

