

## Winter Greens salad

Number of servings: 5  
 Preparation time: 15 minutes  
 Total time: 15 minutes

### Ingredients:

- 2 tablespoons vinegar
- 2 tablespoons vegetable oil
- 1 tablespoon orange juice
- 1 teaspoon honey or sugar
- 4 cups of washed winter greens (spinach, kale or swiss chard)
- 1 orange, peeled and sections cut in half
- 2 tablespoons of red onion, chopped fine
- 1/4 teaspoon pepper and salt
- 3 tablespoons chopped walnuts (you may want to toast these first)

### Equipment Needed:

Cutting board  
 Knife  
 Large bowl  
 Small bowl  
 Fork or whisk  
 Measuring spoons and cup

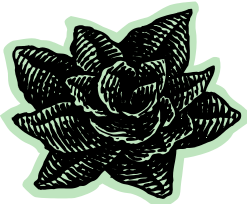
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### Directions

- If you are toasting the walnuts, sauté them in a skillet on medium heat or place them in the oven at 400° until brown and fragrant.
- Wash the greens and separate the leaves. If the leaves are large, tear them into smaller pieces.
- Peel the orange and cut the sections in half. Combine the orange, walnuts and greens in the larger bowl and toss to mix.
- In the small bowl, whisk together oil, vinegar, juice, honey or sugar, and finely chopped red onion.
- Pour over the salad. Season with salt and pepper and toss to combine. Serve right away.



**Cook what you have!**  
**Learning to substitute  
 foods in recipes can  
 save you money.**

### Nutrition Facts

Serving Size: 1 cup  
 Recipe makes 5 servings  
**Calories 120**

Amount Per Serving	%DV
Total Fat 6g	9%
Saturated Fat 0g	2%
Trans fat 0g	

<b>Cholesterol 0mg</b>	0%
<b>Sodium 55 mg</b>	2%
<b>Total Carbohydrate 16g</b>	5%
Dietary Fiber 5g	20%
Protein 3g	5%
Vitamin A	240%
Vitamin C	300%
Calcium	25%

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.