



Spinach and Mandarin Orange Salad

Ingredients

- 8 cups of torn spinach
- 8 oz. sliced fresh mushrooms
- 2- 11 oz. cans of mandarin orange sections, light syrup, drained
- ¼ cup of crumbled feta cheese
- 2 TBSP roughly chopped walnuts
- ½ cup raspberry vinaigrette

Preparation

- 1) Place 2 C of spinach on each of four plates.
- 2) Arrange 1/2 C of mushrooms and 1/3 C of oranges over each spinach plate.
- 3) Sprinkle 1 TBSP of feta cheese over each spinach plate.
- 4) Sprinkle 1 1/2 TSP of walnuts over each spinach plate.
- 5) Drizzle 2 TBSP of vinaigrette over each spinach plate.
- 6) If you prefer, you can place all ingredients in a bowl (without vinaigrette) and toss. Then drizzle vinaigrette and serve.

Nutrition Information based on 1 portion

Calories: 178	Total Fat: 11 g	Total Carbohydrate: 17 g	Dietary Fiber: 3 g
Protein: 6 g	Sodium: 433 mg	Calcium: 126 mg	Iron: 2 mg

University of Delaware Cooperative Extension In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.