CHANGE ONE MEAL! April, 2017

SWEET and SOUR LEAFY GREENS with FRUIT and NUTS



Ingredients:

4 cups mixed lettuce (red leaf, leaf, and/or romaine), washed, torn and lightly packed

2 cups spinach leaves, washed, patted dry and lightly packed (remove stems if desired)

2 tangerines, peeled and sliced; or one can drained mandarin oranges

½ C. fresh strawberries, sliced (optional)

½ cup raisins

½ cup chopped walnuts, pecans, or almonds (toasted if desired)

½ cup red onion, chopped or sliced

½ C. feta cheese (optional)

¼ cup balsamic vinaigrette dressing (or more to taste)

¼ T. black pepper, coarsely ground

Instructions:

Toss all ingredients in a large bowl, and serve!

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Recipes align with NRPA's Commit to Health Food of the Month calendar! Check the calendar on the back to see the featured food categories for each month. April, 2017 Foods of the Month are fresh herbs and salad greens. For more information, check the NRPA website at http://www.nrpa.org/ourwork/partnerships/initiatives/commit-tohealth/foods-of-the-month/