

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!

