

Spinach Salad with Citrus Fruit



Makes:

6 servings

Utensil:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl

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Recipe:

Contributed By:

Physicians Committee for Responsible Medicine
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Recipe Description:

This is a "healthy in a hurry" recipe that takes less than 30 minutes to prepare.

1 tablespoon
unsalted Brazil nuts, shredded, use Cone #1
(14 g)
¼ cup
fat-free raspberry vinaigrette
(60 mL)

Directions:

1. In a large bowl, add spinach, strawberries, oranges or grapefruit sections, sunflower seeds and Brazil nuts. Toss to combine.
2. Pour dressing over top of salad and toss to combine. Serve.

Tips:

- When using the Saladmaster® machine, strawberries slice best when frozen for approximately 10 minutes.
- Strawberries may be substituted for grapes or a different type of berry, such as raspberries or blueberries.
- Brazil nuts in this recipe provide crunch and selenium, a potent cancer-fighting antioxidant. Just one Brazil nut per day supplies your daily requirement of selenium.

Nutritional Information per

▼ Serving

Calories: 62
Total Fat: 2g
Saturated Fat: 0g

Cholesterol: 0mg
Sodium: 61mg
Total 10g
Carbs:
Dietary Fiber: 2g
Sugar: 5g
Protein: 2g
