

Spinach Salad with Citrus Fruit



Makes:

6 servings

Utensil:

Saladmaster Food Processor

3.5 Qt. Double Walled Bowl

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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.

10
ounces

fresh spinach
(284
g)

10
large strawberries, sliced, use Cone #4
(180
g)

$2\frac{1}{2}$
cups
mandarin, clementine, or grapefruit sections
(575
g)

1
tablespoon

sunflower seeds

(9

g)

1

tablespoon

unsalted Brazil nuts, shredded, use Cone #1

(14

g)

¹/₄

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 Carbs:

10g

Dietary Fiber:

2g

Sugar:

5g

Protein:

