

# SUNSHINE SALAD



## Ingredients

- 5 cups spinach leaves (packed, washed, and dried well)
- 1/2 red onion (sliced thin)
- 1/2 red pepper (sliced)
- 1 cucumber (whole, sliced)
- 2 oranges (peeled and chopped into bite-size pieces)
- 1/3 cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

## Directions

1. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

MOUNTAIN WISE



DOUBLE UP  
FOOD BUCKS

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