

SPINACH, ORANGE AND AVOCADO SALAD

Yield: 4 Servings (2 cups per serving)



TOTAL TIME: 15 minutes

INGREDIENTS

- 2 naval oranges
- 1 orange, zested
- 6 oz. baby spinach
- 1 avocado, pitted, peeled, flesh sliced thinly
- ¼ red onion, sliced thinly
- ¼ cup extra-virgin olive oil
- 2 Tbsp. wine vinegar
- 1 Tbsp. honey
- Kosher salt and pepper to taste
- 4 oz. feta cheese

PREPARATION

1. Peel oranges. Segment oranges carefully over a bowl to catch juices. Set orange segments and bowl of juice aside.
2. Place spinach in large serving bowl. Top with orange segments, avocado slices and red onion slices.
3. Whisk oil, vinegar, honey and orange zest in bowl containing reserved orange juice. Add to salad and toss to combine. Season to taste with salt and pepper. Top with crumbled feta.

Add chicken, shrimp or salmon if desired.

NUTRITION

Per serving: Calories: 370; Fat: 30 g (8 g saturated fat); Cholesterol: 25 mg; Carbohydrates: 23 g; Protein: 7 g; Sodium: 360 mg.

Recipe courtesy of Wegmans