

TROPICAL FRUIT SPINACH SALAD

Yield: 4 Servings (1 cup per serving)



TOTAL TIME: 15 minutes

INGREDIENTS

- ¼ large red onion, thinly sliced
- ¼ jicama, peeled, cut into thin, match-like sticks (about 2 cups)
- 1 pkg. (9 oz.) Food You Feel Good About Fresh Cut Mango, pieces halved
- 1 star fruit, trimmed, thinly sliced
- ¼ cup thinly sliced fresh basil
- Juice and zest of 1 fresh lime (1–2 Tbsp.)
- ⅓ cup Wegmans Pure Olive Oil
- Salt and pepper to taste
- 1 pkg. (6 oz.) Food You Feel Good About Baby Spinach Blend

PREPARATION

1. Place onion, jicama, mango, star fruit, basil, lime juice and zest in bowl. Add olive oil; lightly toss. Season to taste with salt and pepper.
2. Toss spinach blend with onion/mango mixture; serve.

NUTRITION

Per serving: Calories: 250; Fat: 19 g; Cholesterol: 0 mg; Carbohydrates: 21 g; Fiber: 5 g; Protein: 2 g; Sodium: 25 mg.

Recipe courtesy of Wegmans