Orange Dressing with Fruit and Greens
Makes 4 servings

Ingredients:
- 1/4 cup orange juice
- 2 tablespoons vinegar
- 1 1/2 tablespoons sugar
- 2 tablespoons oil (canola oil or vegetable)
- ½ tablespoon water
- 8 cups greens (romaine, lettuce, or spinach)
- 2 cups vegetables, chopped (broccoli, cabbage, carrots, cauliflower, celery, peppers, onions, or tomato)
- 2 cups fruit, chopped (apples, berries, grapes, or oranges)

Directions:
1. Combine orange juice, vinegar, sugar, oil, and water in a container with a screw top. Close tightly and shake until combined. Store in the refrigerator until ready to use (up to 1 week).
2. For each salad, top 2 cups of greens with 1/2 cup vegetables and 1/2 cup fruit.
3. Take dressing from the refrigerator and shake hard to combine ingredients again. Drizzle 2 tablespoons of dressing onto each salad.

Tips:
- Combine orange juice, vinegar, sugar, oil and water by beating with a whisk or fork if you do not have a container with a screw top.
- Use any fruit juice you want. Leave out the sugar with sweeter juices such as pomegranate or clementine.
- This salad dressing will be thinner than store bought salad dressing.
- 1/2 tablespoon is equal to 1 1/2 teaspoons.

Source: Iowa State University Extension

Nutrition Facts
4 servings per container
Serving size 3 cups (285g)
Amount per serving
Calories 180

% Daily Value*
Total Fat 8g 10%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 25mg 1%
Total Carbohydrate 28g 10%
Dietary Fiber 3g 11%
Total Sugars 17g
Includes 5g Added Sugars 10%
Protein 3g

Vitamin D 0mcg 0%
Calcium 80mg 6%
Iron 2mg 10%
Potassium 187mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

40% calories from fat