Orange Dressing with Fruit and Greens
Makes 4 servings

Ingredients:
- 1/4 cup orange juice
- 2 tablespoons vinegar
- 1 1/2 tablespoons white sugar
- 2 tablespoons oil (canola, oil, or vegetable)
- 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 dressing ingredients 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 all dressing ingredients 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: Cornell University Cooperative Extension – Iowa State Extension.