

Orange and Maroon Vegetable Salad

Ingredients:

- 2 cups romaine lettuce
- 1 tomato
- 1 can mandarin oranges in juice, drained
- 1/4 cup yogurt with fruit, nonfat
- 1 tablespoon orange juice
- 1 1/2 teaspoon white vinegar
- 2 tablespoons raisins
- 2 tablespoons peanuts

Equipment:

- Cutting board
- Knife
- Can opener
- Medium mixing bowl
- Small bowl
- Spatula

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. Put mixed salad greens in a salad bowl.
2. Wash tomato under running water and pat dry. To cut the core out of the tomato, place the tomato with the core up on the cutting board. Hold the tomato with one hand and insert a small, sharp paring knife into the tomato, next to the stem and just outside the core. Hold the knife steady while cutting. Point the knife at an angle towards the center of the tomato and create a full circle by rotating the tomato as you cut just around the stem. Pop out the core with the end of the knife. Turn tomato on its side and slice into 1/4 slices. Take half the slices and cut them across, turn and across again to get diced tomatoes. Repeat for other half. Add to bowl.
3. Open mandarin oranges and drain juice. Add to bowl.
4. In a small bowl, mix yogurt, orange juice and white vinegar together to make a dressing.
5. Spoon mixture over salad greens.
6. Top with raisins and nuts. Serve.

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Nutrition Facts	
Serving Size: 3/4 cup	
Servings: 4	
Amount Per Serving	
Calories 88	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 2mg	0%
Sodium 18mg	1%
Potassium 336mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Protein 3g	6%
Vitamin A 29%	Vitamin C 60%
Iron 6%	Calcium 5%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.