

## Salad Greens with Oranges and Strawberries

Serves: 4

### Ingredients

#### *Citrus Dressing:*

1/3 cup fresh orange juice  
3 Tbsp sugar  
2 Tbsp cider vinegar  
1 ½ Tbsp low-salt soy sauce  
½ Tbsp grated orange zest  
1 ¼ tsp ground cumin  
¼ tsp crushed red pepper flakes

#### *Salad:*

6 cups mixed salad greens  
1 cup strawberries  
2 medium oranges, sectioned  
½ cup thinly sliced red onion  
3 Tbsp slivered almonds, dry roasted

### Directions

In a small bowl, whisk together the dressing ingredients until the sugar dissolves.

In a large bowl, toss together the salad ingredients except the almonds.

To serve, pour the dressing over the salad. Toss gently to coat. Sprinkle with the almonds.

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**Per Serving:** 135 calories, 3g total fat (0.5g saturated fat), 0mg Cholesterol, 26g carbohydrate, 4g protein, 5g dietary fiber, 19g sugar, 170mg sodium.