

GREEN & RED Salad

Servings: 4

Serving Size: 2 cups

Prep Time: 10 minutes

Tip

Use strawberries when they are in season (Spring and Summer). During other times of the year, use $\frac{1}{2}$ cup dried cranberries or 1 (10-ounce) can drained mandarin oranges instead. You can change the flavor of the dressing too. Use orange marmalade or apricot preserves instead of strawberry jam.

What You Need

- 8 cups salad greens (such as baby spinach, spring mix, or lettuce mix), cut or torn into bite sized pieces
- 2 cups sliced strawberries
- 1 $\frac{1}{2}$ tablespoons strawberry or raspberry jam or preserves
- $\frac{1}{4}$ cup 100% orange juice
- 2 teaspoons olive, canola, or vegetable oil
- Pinch salt & black pepper
- $\frac{1}{3}$ cup sliced almonds

Get Cookin'

1. Put salad greens and sliced strawberries in a large bowl.
2. Whisk together jam, juice, oil, salt, and black pepper.
3. Pour dressing over salad. Toss gently. Top with almonds. Serve right away.

Tip

It's easy to make salad dressing in a jar. Save a small, empty jar from salsa or jam. Put all dressing ingredients in the jar and shake well.

