

# GREEN & RED Salad

Servings: **4**

Serving Size: **2** cups

Prep Time: **10** minutes

## 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

### 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.



## 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.

