



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

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## Sunshine Salad

**Makes:** 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Spinach leaves	6 lb		12 lb	
Red onion, sliced		4 each		8 each
Red pepper, julienned		6 each		12 each
Cucumber, sliced		10 each		20 each
Oranges, sectioned		10 each		20 each
Red wine vinegar		1/2 cup		1 cup
Dijon mustard		2 Tbsp		4 Tbsp
100% Orange juice		1/2 cup		1 cup
Olive oil		1 cup		2 cup

## Directions

1. Wash and devein spinach to remove stems. Spin in salad spinner until dry or air dry.
2. Skin red onion, cut in half lengthwise and slice thin.
3. Slice red pepper lengthwise, core and seed. Slice into Julienne strips.
4. Peel cucumber(optional) and slice lengthwise. Slice into thin round slices.
5. Peel, section and remove seeds from orange.
6. Place  $\frac{3}{4}$  cup spinach in large salad bowl and garnish with  $\frac{1}{4}$  cup cut vegetables and fruit.

### \*\* For dressing:

1. Combine in a large bowl vinegar and mustard.
2. Whisk in the orange juice and slowly whisk in oil until fully incorporated.
3. Drizzle dressing over salad and toss well to coat evenly. Serve immediately.

## My Notes

**Source:** National Cancer Institute

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	74
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	59 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	72 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available