

Recipe

Orange & greens salad

Eat by itself or add a protein like salmon or grilled chicken to make it a more filling meal.

Makes 4 servings | Prep: 6 minutes



Ingredients

- 6 cups mixed greens
- 2 medium oranges, sliced into thin rounds and quartered
- ½ small red onion, thinly sliced
- ¼ cup crumbled goat cheese
- ⅓ cup sliced almonds
- ¼ cup olive oil
- 2 tsp champagne vinegar

Preparation

Toss the greens, oranges, onion, goat cheese and almonds together in a large bowl. In a small bowl, whisk together olive oil and vinegar. Toss the salad with dressing just before serving.

Nutrition information per serving | Serving size: 1 3/4 cups



Calories: 371 | Total fat: 17 g | Saturated fat: 2 g | Sodium: 103 mg | Cholesterol: 1 mg | Total carbs: 46 g | Fiber: 15 g
Sugars: 15 g | Protein: 11 g | Potassium: 653 mg

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