

Grapefruit Spinach Salad Oriental

Yield: 6 servings

Ingredients:

10 ounces (about 4½ cups) fresh spinach, washed and drained
1 4-ounce can sliced mushrooms, drained
1 5-ounce can water chestnuts, diced
2 grapefruits, sectioned and diced
¼ cup vegetable oil
1 tablespoon vinegar
2 tablespoons grapefruit juice
1 tablespoon soy sauce
¼ teaspoon—each bottled hot pepper sauce, salt and dry mustard

Procedure:

Tear spinach coarsely and place in large salad bowl. Add mushrooms, water chestnuts and grapefruit. Mix together oil, vinegar, grapefruit juice, soy sauce, hot pepper sauce, salt and dry mustard. Toss dressing with spinach mixture and serve.

contains 150 calories and 9 grams of fat per serving

A serving of Grapefruit Spinach Salad Oriental also contains about 70 percent of the recommended daily vitamin C, mainly from the grapefruit, 65 percent of recommended vitamin A from the carotenes in spinach, and 10 percent of the recommended daily iron, mainly from spinach.

NDSU Agriculture Communication



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