

Spinach Arugula Salad with Toasted Walnuts and Mandarin Oranges

Judy Gilliard

Internet address: www.chefjudy.net

Servings: 10

For a main dish, top with grilled chicken breast or shrimp.

1 cup walnuts, chopped
13 fluid ounces mandarin oranges in light syrup
1/2 cup rice wine vinegar
1/2 teaspoon black pepper
1/2 teaspoon sea salt
1 1/2 pounds spinach leaves, washed and dried
8 ounces arugula leaves, washed and dried

Pre heat oven to 400 degrees, on a cookie sheet place Walnuts and bake until they are lightly toasted, about 10 min.

Drain mandarin oranges and reserve syrup.

Add rice wine vinegar, salt, pepper, mandarin syrup. into food processor or blender and blend for 15 seconds.

Toss dressing, walnuts and Mandarin oranges into spinach and arugula.

Serve immediately.

Per Serving (excluding unknown items): 119 Calories; 7g Fat (50.0% calories from fat); 5g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 142mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.