

Fruit & No Nut Tossed Salad

Based on Pillsbury Classic "Come for Brunch" cookbook

Serves 8

Ingredients:

- 1 cup torn spinach
- 1 head torn romaine (about 6 cups)
- 1 cup seedless grapes, halved
- 1/4 cup toasted sunflower seeds
- 11 oz can mandarin oranges, chilled and drained
- 1 small avocado, ripe but firm, sliced

Dressing:

- 1/4 cup vinegar
- 1/4 cup sugar
- 1/2 t salt
- 1/2 cup oil

Directions:

In a large bowl, combine spinach, lettuce, grapes, almonds and oranges. In a screwtop jar, combine vinegar, sugar and salt, shake until blended. Add oil, and shake well. Just before serving, toss some of the dressing with the salad and garnish with avocado. Serve remaining dressing on the side.

Nutritional info:

(Per serving)

<i>Calories</i>	230
<i>Protein</i>	3g
<i>Carbohydrate</i>	17g
<i>Fat</i>	18g
<i>Sodium</i>	145 mg
<i>Potassium</i>	295mg

Percent US RDA

<i>Protein</i>	4%
<i>Vitamin A</i>	25%
<i>Vitamin C</i>	40%
<i>Thiamine</i>	6%
<i>Riboflavin</i>	8%
<i>Niacin</i>	2%
<i>Calcium</i>	6%
<i>Iron</i>	8%

