

Spinach and Clementine Salad

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=10780&news_iv_ctrl=1126

Ingredients

- 2 lb. clementines (8-12)
- 2 lb. baby spinach, washed and dried
- 4 celery stalks, cut into diagonal slices
- ½ cup walnuts pieces, toasted
- 1 cup red onion, sliced thin
- ¼ cup dried cherries or cranberries
- 2 Tbs. red wine vinegar
- Pinch of sugar
- ¼ cup extra virgin olive oil
- 1 tsp. Dijon mustard
- 1 small clove garlic, minced
- Salt and freshly ground black pepper to taste

Instructions

1. Peel clementines and separate segments.
2. Put in large salad bowl with spinach, celery, nuts, onions, and berries.
3. Whisk together remaining ingredients in small bowl. Drizzle over salad and serve.

Makes 8 servings

Nutrition information per serving:

Calories	195
Carbohydrates	19 g
Dietary Fiber	6 g
Protein	6 g
Total Fat	12 g
Saturated Fat	1 g



Wellness Center