Dinner

Fresh Citrus Spinach Salad with Pepitas

Crisp baby spinach, mushrooms, red onion and juicy orange sections come together under a zesty citrus and soy dressing, finished with a scatter of crunchy pepitas.



Vegetarian | Dairy free

15 min	80	11 g	8 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 cup baby spinach
- [ ] 2 tbsp celery (sliced)
- [ ] 2 small white (button) mushrooms (sliced)
- [ ] 1 med red onion (halved and separated into rings)
- [ ] 1/2 med orange (peeled and sectioned)
- [ ] 2 tbsp orange juice
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp olive oil
- [ ] 1 tsp lower sodium soy sauce
- [ ] 1 tsp honey
- [ ] 1/8 tsp ground ginger
- [ ] 1/8 tsp black pepper
- [ ] 1 tbsp pepitas (pumpkin seeds)

Method

- [ ] 1 Toss the baby spinach, celery, white button mushrooms, red onion rings and orange sections together in a medium salad bowl.
- [ ] 2 Whisk the orange juice, lemon juice, olive oil, lower sodium soy sauce, honey, ground ginger and black pepper in a small bowl.
- [ ] 3 Drizzle the dressing over the salad and toss until everything is evenly coated.
- [ ] 4 Scatter the pepitas over the top just before serving.

Nutrition Facts

Per serving

Calories	80
Total fat	3 g
Saturated fat	0 g
Sodium	115 mg
Total carbs	11 g
Fiber	2 g
Total sugars	8 g
Protein	2 g

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