

Spinach Watercress Salad

This recipe is part of the **Feast for the Eyes®** collection

Salad

- 1/2 pound fresh spinach (not baby), washed, stemmed and dried
- 2 cups lightly packed watercress, washed and stems removed



Dressing:

- 1/2 tablespoon orange zest
- 1/2 teaspoon fresh grated ginger
- 1 tablespoon orange juice
- 2 tablespoons rice wine vinegar
- 6 tablespoons canola oil
- 1/4 teaspoon kosher salt
- Fresh ground pepper
- 1 orange, peeled, segmented and cut into bite sizes
- 1/2 cup fresh blueberries
- 1 roasted, peeled beet, diced medium
- 1/4 cup toasted almonds

Tear the spinach leaves into bite-sized pieces. Place in a large salad bowl, combine them with the watercress.

To prepare the dressing, combine the orange zest, ginger, orange juice, vinegar, canola oil, salt and pepper in a tightly fitting jar and shake until combined.

Pour over the salad greens and toss, adding more dressing if needed. Add orange slices, blueberries, beets and almonds and serve.

Nutritional Profile *(per serving)*

Serves 4

Calories: 288

Total fat: 26 g

Saturated fat: 5 g

Protein: 14 g

Carbohydrates: 14 g

Fiber: 4 g

Sugars: 8 g

Cholesterol: 0 mg

Sodium: 196 mg

Vitamin A: 5,971 IU

Vitamin C: 49 mg

Vitamin E: 5.3 IU

Zinc: 0.7 mg

Beta-carotene: 3,556 mcg

Lutein and zeaxanthin: 7,961 mcg

Omega-3 fatty acids: 0 g

Spinach Watercress Salad Shopping List

- 1/2 pound fresh spinach (not baby spinach)
- Fresh watercress
- Orange (for zest and segments)
- Rice wine vinegar
- Canola oil
- Kosher salt
- Fresh ground pepper
- Fresh blueberries
- 1 fresh beet
- Toasted almonds