

In the Kitchen with LiveWELL

**Add Fruits to Salads to
Boost Nutrition**



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Navel Orange Salad with Avocado

Sarah Deen – Atrium Health Wake Forest Baptist

Navel Orange Salad with Avocado - Skinnytaste



Ingredients

Salad:

3 cups mixed baby greens
4 Navel oranges
6 oz avocados
¼ cup sliced red onion
Salt and pepper

Dressing:

3 TBSP fresh squeezed orange juice plus
1 tsp zest
2 ½ TBSP red wine vinegar
¼ cup olive oil
1 tsp Dijon mustard
1 tsp honey
Salt and pepper

Preparation

1. Arrange the lettuce on large platter or bowl
2. Cut the oranges into ¼ inch thick round slices and pop out any seeds
3. Arrange oranges, avocados and red onion in and around the lettuce and season with salt and pepper
4. Whisk together the ingredients for the vinaigrette, taste and adjust salt and pepper as needed
5. Serve the vinaigrette on the side or

drizzled on top of the salad.

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Kale and Apple Salad

Tara Cox – Greater Charlotte LiveWELL

Ingredients

Salad

- 8 cups baby kale (or spinach)
- 2 medium KORU apples, cored and thinly sliced
- ½ cup dried cranberries
- ½ cup cucumber, thinly sliced
- 1 small red onion, thinly sliced

Salad Dressing

- ¼ cup virgin olive oil
- 2 tablespoon apple cider vinegar
- 1 tablespoon honey (or maple syrup)
- 1 tsp Dijon mustard
- Sea salt and ground pepper to taste

Topping

- ½ cup slivered almond, pecan or walnut halves, toasted
- 4 ounces feta cheese, crumbled

1 Toss salad ingredients together in a large salad bowl.

For the dressing, place all ingredients in a jar and shake well to mix.

2 Drizzle salad dressing over salad and toss lightly



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3 Sprinkle with almonds and feta cheese over the top.

Salad should be served shortly after adding the dressing



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[Kale and KORU Apple Salad - Have A Plant \(fruitsandveggies.org\)](http://fruitsandveggies.org)

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