In the Kitchen with LiveWELL



Add Fruits to Salads to Boost Nutrition

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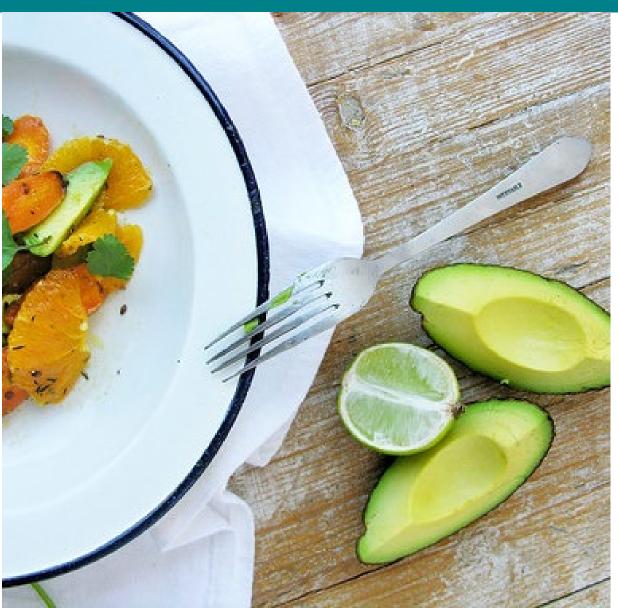


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Navel Orange Salad with Avocado

Sarah Deen – Atrium Health Wake Forest Baptist



Ingredients

Salad: 3 cups mixed baby greens 4 Navel oranges 6 oz avocados 1⁄4 cup sliced red onion 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

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

drizzled on top of the salad.

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Kale and Apple Salad

Tara Cox – *Greater* Charlotte LiveWELL



Toss salad ingredients together in a large salad bowl.

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

Drizzle salad dressing over salad and toss lightly

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Sprinkle with almonds and feta cheese over the top.

Salad should be served shortly after adding the dressing

Kale and KORU Apple Salad - Have A Plant (fruitsandveggies.org)

Ingredients

Salad

8 cups baby kale (or spinach) 2 medium KORU apples, cored and thinly sliced $\frac{1}{2}$ cup dried cranberries $\frac{1}{2}$ cup cucumber, thinly sliced

1 small red onion, thinly sliced

Salad Dressing

¹/₄ 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

 $\frac{1}{2}$ cup slivered almond, pecan or walnut halves, toasted

4 ounces feta cheese, crumbled

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