



Citrus Tossed Salad and Vinaigrette Dressings

Ingredients:

- 6 torn mixed salad greens
- 3 oranges or 2 grapefruit, peeled, sectioned, and seeded
- 1-1/2 cups, peeled jicama cut into thin strips
- 1 medium red onion, sliced and separated into ring 1/3 cup citrus vinaigrette or another flavor vinaigrette

Directions:

Choose from four fabulous flavors of vinaigrette to add a gourmet touch to this salad. Because orange juice concentrate replaces part of the oil included in a vinaigrette, these vinaigrettes have only 2 g of fat and 34 calories per Tbsp instead of 6 g of fat and calories. In a large salad bowl combine torn mixed greens, orange or grapefruit sections, jicama, and onion ring. Drizzle with the vinaigrette (see below); toss. Serve at once.

Citrus Vinaigrette:

In a screw-top jar combine 3/4 cup frozen orange juice concentrate, thawed; 1/4 cup vinegar; 2 Tbsp olive oil; 1/4 cup water; and 1/4 tsp. pepper. Shake well to mix. Cover and chill for up to 1 week. Before using, let stand at room temperature about 15 minutes, then shake well. Makes 1 1/2 cups dressing.

Garlic-Citrus Vinaigrette:

To 1/3 cup Citrus Vinaigrette, add 1 medium clove garlic, crushed.

Ginger-Citrus Vinaigrette:

To 1/3 cup Citrus Vinaigrette, add 1/2 tsp. grated gingerroot.

Herb-Citrus Vinaigrette:

To 1/3 cup Citrus Vinaigrette, add 1 tsp. snipped fresh thyme or basil or 1/4 tsp. dried thyme or basil crushed.

Nutrition information per serving:

61 calories, 0g fat, 0g Saturated fat, 14g carbohydrates, 0mg cholesterol, 5g dietary fiber, 17mg sodium, 0g sugars, 2g protein.



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