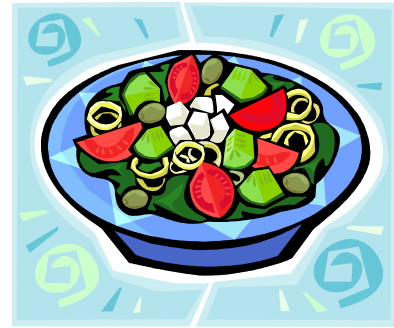


Spinach, Orange, & Sunflower Seed Salad

Ingredients

- 4 cups spinach
- ½ tablespoon soy sauce
- 1 tablespoon vinegar
- ½ teaspoon brown sugar
- ¼ teaspoon ground ginger
- ½ teaspoon mustard
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1 orange, peeled & cut up (one can mandarin oranges)
- ¼ cup sunflower seeds, (or slivered almonds)



1. Rinse spinach and dry in salad spinner or on paper towel.
2. Tear spinach into bite size pieces and place in a large bowl.
3. To make the dressing, combine soy sauce, vinegar, brown sugar, ground ginger, mustard, oil and water together in a small jar or bowl and mix together.
4. Pour dressing over spinach and toss to mix.
5. Top with orange segments and sunflower seeds (or slivered almonds).

Serves 4

Adapted from: Favourite Family Meals, Recipes from the Healthy Baby Program

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca

July 2009