

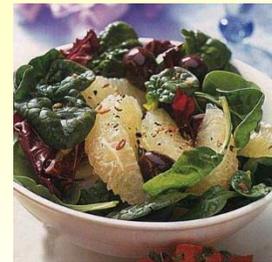


## Grapefruit Spinach Oriental Salad

Yield: 6 Servings

### Ingredients:

- 10 ounces fresh spinach, washed and drained (about 4 1/2 cups)
- 1 can sliced mushrooms, drained (4 ounces)
- 1 can water chestnuts, diced (5 ounces)
- 2 grapefruits, sectioned and diced
- 1/4 cup vegetable oil
- 1 tablespoon vinegar
- 2 tablespoons grapefruit juice
- 1 tablespoon soy sauce, low-sodium
- 1/4 teaspoon hot pepper sauce
- 1/4 teaspoon salt
- 1 teaspoon dry mustard



### Directions:

1. Tear spinach coarsely and place in large salad bowl.
2. Add mushrooms, water chestnuts, and grapefruit.
3. Mix together oil, vinegar, grapefruit juice, soy sauce, hot pepper sauce, salt, and dry mustard.
4. Toss dressing with spinach mixture and serve.

Cost: Per recipe: \$5.57; Per serving: \$0.93

**Nutrition Facts:** Calories, 140; Calories from fat, 80; Total fat, 10g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 0mg; Sodium, 310mg; Total Carbohydrate, 12g; Fiber, 3g; Protein, 3g; Vit. A, 100%; Vit. C, 70%; Calcium, 6%; Iron, 8%.

Source: <http://recipefinder.nal.usda.gov/>



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