



Persimmon & Spinach Salad



Ingredients:

- 3 Medium persimmons, cored and cut into slices
- 3 Cups baby spinach
- 1/4 Cup pecans, lightly toasted
- 1/4 Cup dried cranberries or dried cherries

Dressing:

- 2 Tbsp. seasoned rice vinegar
- 3 Tbsp. olive oil
- 3 Tbsp. orange juice
- 1 Clove garlic, crushed
- 1/2 Tsp. black pepper
- 1/2 Tsp. salt

Yield 6 Serving

Preparation:

Mix and chill dressing Ingredients.
Toss salad ingredients with salad dressing just before serving.

Nutritional information per serving:

Calories 120,
Fat 6 gm,
Saturated fat 1 gm,
Cholesterol 0 mg, Fiber 3 gm
Sodium 210 mg

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition

Rev. 1/2010



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