



# SUMMER SALAD

aka Oprah's Outtasight Salad



0hr 10min



4

## INGREDIENTS

- 2 cups salad greens of choice
  - 1 cup strawberries, pineapple chunks or orange pieces (drained if using canned)
  - 1 cup of vegetables (tomatoes, cucumbers, and/or fresh carrots)
  - 2 tbsp chopped nuts of choice
  - 2 tbsp dried cranberries or raisins
- Dressing
- 1 1/2 tsp white vinegar
  - 1 tbsp orange juice
  - 1/4 cup yogurt, non-fat

## DIRECTIONS

1. Mix the greens and the vegetables together.
2. Gently fold in the pineapple or orange chunks.
3. Top with the chopped nuts and dried fruits.
4. Mix the dressing ingredients together and drizzle on top. You can also simply use a little oil instead, or choose a different light-flavored dressing of your choosing.

Recipe source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/oprahs-outtasight-salad>