

Sunshine Salad

You'll get plenty of vitamin A and C, from the spinach, oranges, and strawberries, when you have a serving of this salad.

Ingredients:

4 cups fresh spinach

1 cup orange segments or sliced nectarines or peaches (peeled)

1 cup fresh sliced or halved strawberries

4 tablespoons 'lite' or reduced-calorie pomegranate vinaigrette

2 tablespoons roasted sunflower seeds



Preparation:

1. Toss first four ingredients together.
2. Sprinkle sunflower seeds on top.
3. Spoon into four salad bowls and enjoy!

Yield: 4 servings @ 2 points, 2 pointsplus

Nutritional Information: Per serving: 96 calories, 3 g protein, 15 g carbohydrate, 3 g fat (0.2 g saturated fat, 0.4 g monounsaturated fat, 2 g polyunsaturated fat), 0 mg cholesterol, 3 g fiber