

## **Spinach, Orange, and Onion Salad**

serves 4

5 ounces fresh baby spinach

1 orange, sectioned and membranes removed OR 1 can mandarin oranges, drained

¼ sweet onion, thinly sliced

1/2 cup thawed orange juice concentrate (calcium fortified works well)

3 tablespoons olive oil

1 tablespoon grainy mustard

salt and pepper to taste

Arrange spinach, orange sections and onion on serving plates.

In a small bowl, whisk orange juice concentrate, olive oil and mustard until well blended. Add salt and pepper as desired. Drizzle dressing over the salad.

Read more: <http://blog.kitchentherapy.us/2009/05/mothers-day-dinner/>

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