

Harvest of the Month

MIXED GREENS



ORANGE DRESSING WITH FRUIT & GREENS



B-WELLthy Choices.

Good taste. Good health.

Ingredients:

- 1/4 cup orange juice
- 3 tablespoons vinegar
- 1 Tbsp. mustard (Dijon or other)
- 1 1/2 tablespoons white sugar
- 2 tablespoons olive oil
- Salt & Pepper (pinch of each)
- 8 cups greens (romaine, lettuce, or spinach)
- 2 cups vegetables, chopped (broccoli, cabbage, carrots, cauliflower, celery, peppers, onions, or tomato)
- 2 cups fruit, chopped (apples, berries, grapes, or oranges)



Photo: Katie Schmidt

Combine dressing ingredients in a container with a screw top or whisk with a fork. Close tightly and shake until combined. Store in refrigerator until ready to use (up to 1 week). For each salad, top 2 cups of greens with 1/2 cup vegetables and 1/2 cup fruit. Take dressing from the refrigerator and shake hard to combine ingredients again. Drizzle 2 tablespoons of dressing onto each salad.

Serves 4

Tips: Use any fruit juice you want. Leave out the sugar with sweeter juices such as pomegranate or clementine. This salad dressing will be thinner than store bought salad dressing.

1/2 tablespoon is equal to 1 1/2 teaspoons.

Nutrition Facts

4 servings per recipe / Serving Size: 3 cups salad with 2 Tablespoons dressing
Approx. 160 Calories, 7g Fat, 21g Carb., 5g fiber, 3g Protein

- **Fresh locally grown leafy greens (aquaponics) are available year round in Jackson County: Black River Falls: The Corner Market, Hansen's IGA and Kwik Trip. Check labels for growing location.**

What is aquaponics? It's a system of aquaculture in which the waste produced by farmed fish supplies nutrients for plants grown hydroponically (in water), which in turn purify the water. Jackson County has two operations that produce fish and greens:

- <https://www.floatinggardens.farm/> (Family Farm in Mindoro)
- <http://www.superiorfresh.com/> (Large operation in Northfield)

More recipes, videos and tips: www.JacksonInAction.org

