Spring Salad with Orange Citronette

INGREDIENTS
6 cups mixed salad greens
1 cup fresh raspberries or chopped strawberries
½ cup sliced almonds, or chopped walnuts

DRESSING:
½ cup fresh squeezed orange juice + 1 tsp orange zest
1 teaspoon honey
2 tablespoons extra virgin olive oil
salt and pepper to taste

DIRECTIONS
1. Wash hands with soap and warm water and wash produce well.
2. In a large bowl, combine greens, fruit.
3. In a medium bowl, whisk together orange juice, honey, salt and pepper until combined.
4. While whisking constantly, pour olive oil in a continuous stream into bowl until smooth.
5. Stir in zest. Taste and adjust seasoning as needed.
6. Pour citronette over salad and toss gently until coated.
7. Serve immediately. Enjoy!

Serves 4 (1 ½ cup per serving)
Nutrition: Cal: 164, Protein: 4g, Total Carb: 11g, Total Fat: 13g, Sat Fat: 1g, Trans Fat: 0g, % Fat Cal: 17%, Cholesterol: 0mg, Fiber: 1g, Sodium: 4mg, Calcium: 62.6mg, Folate: 112mcg, Iron: 1.3mg

Homemade Croutons

INGREDIENTS
6 slices of day-old bread (white, wheat, rye, pumpernickel, oat, multigrain)
Cooking spray
1 tsp garlic powder
½ tsp dried oregano
1 tsp dried parsley
½ tsp dried basil

DIRECTIONS
Heat oven to 350°F. Spray both sides of bread with cooking spray. Cut bread into half-inch cubes. Mix herbs in a bowl. Add bread cubes, and stir to coat with herbs. Place the seasoned bread cubes in one layer on a cookie sheet. Bake for 10-15 minutes until lightly brown. Cool and store in plastic bags.

Other herb combinations:
- basil, garlic, powder, thyme
- garlic powder, oregano, rosemary
- chili powder, garlic powder, cilantro
- lemon pepper, dill, garlic powder

Serve with salads, soups, chili, chowder or vegetable side dishes. Use as topping on casseroles, baked chicken or fish.

Makes 30 croutons
Nutrition: Cal: 26, Protein: 1g, Total Carb: 5g, Total Fat: 1g, Sat Fat: 0g, Trans Fat: 0g, % Fat Cal: 17%, Cholesterol: 0mg, Fiber: 1g, Sodium: 32mg, Calcium: 3.8mg, Folate: 6.1mcg, Iron: 0.3mg