



# Oprah's Outasight Salad

**Serving Size: 1 cup Yield: 4 servings**

## Ingredients

(Feel free to add, subtract, or substitute to use your favorite and least expensive vegetables.)

- 2 cups salad greens of your choice
- 1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
- 1 cup canned-in-juice pineapple chunks, drained, and/or fresh or canned mandarin orange segments
- ¼ cup Dynamite Dressing (recipe below)
- 2 Tablespoons raisins or dried cranberries
- 2 Tablespoons chopped nuts, any kind

## Instructions

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and pineapple and/or orange segments. Add dressing and stir.
3. Spoon mixture over salad greens.
4. Top with raisins and nuts. Serve.

## Dynamite Dressing

- ¼ cup nonfat, fruit-flavored yogurt
  - 1 Tablespoon orange juice
  - 1½ teaspoons white vinegar
- In a small bowl, mix all ingredients. Refrigerate until ready to serve.

## Cost

Per Recipe: \$2.87      Per Serving: \$0.72

Adapted from *It's So Easy*, Contra Costa Health Services, California 5 A Day

## Nutrition Facts

Serving Size: 1 cup (140g)  
Servings Per Recipe: 4

Amount Per Serving		Calories from Fat 25	
		% Daily Value*	
<b>Calories</b>	100		
<b>Total Fat</b>	2.5g	4%	
Saturated fat	0.5g	3%	
Trans Fat	0g		
<b>Cholesterol</b>	0mg	0%	
<b>Sodium</b>	30mg	1%	
<b>Total Carbohydrate</b>	18g	6%	
Dietary Fiber	2g	8%	
Sugars	14g		
<b>Protein</b>	2g		
Vitamin A	60%	*	Vitamin C 20%
Calcium	6%	*	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	*	Carbohydrate 4 * Protein 4