

Winter Fruit and Cucumber Salad

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 8

Prep: 10 minutes

INGREDIENTS

- 1-2 heads of romaine lettuce, chopped
- 2 medium oranges, peeled and sectioned
- 1 seedless cucumber, sliced
- 1 small red onion, thinly sliced
- 1 green onion, thinly sliced
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 2 tablespoons lemon juice
- 1 tablespoon sugar
- 1/2 teaspoon of salt

DIRECTIONS

1. Prepare vegetables. Chop lettuce, peel oranges, slice cucumber, and slice onions. Combine in a large bowl.
2. To make vinaigrette, pour olive oil, red wine vinegar, lemon juice, sugar and salt into a glass jar (or other container) and shake vigorously until mixed well.
3. Pour homemade vinaigrette over vegetables. Serve.



Nutrition Information

Serving size: 1/8 of recipe with vinaigrette

Calories	262
Total fat	7 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	51 mg
Carbohydrates	39 g
Fiber	5 g
Sugars	3 g
Protein	9 g

Notes :

- Try this salad with other fruit like berries, grapes or apples.
- Herbs can be added for extra flavor.
- Add nuts, meat or beans for extra protein.

Recipe source: Adapted from
Southern Living