

## Tropical Tossed Salad

### Ingredients

- 3 lbs spring mix lettuce
- 3 cups mandarin oranges, whole, canned
- 1 lb strawberries or raspberries, fresh, sliced
- 1 1/2 cups strawberry yogurt, low-fat
- 6 Tbsp olive oil
- 1 1/2 Tbsp balsamic vinegar



*A light combination of greens, fruit and tangy dressing for those long hot days of late summer.*

### Directions

Under cool, running water, rinse spring mix lettuce and strawberries; pat dry.

Slice the strawberries. Drain mandarin oranges. Toss spring mix lettuce, strawberries and mandarin oranges. Cover and refrigerate until ready to serve. Just prior to serving, toss salad with dressing.

Toss salad with dressing in batches if you are serving over a longer period of time to keep salad fresh.

Serve 1 cup per portion.

**Yield** 24 servings

### Nutritional Information

*Calories 70, Fat 3.75g, Carbohydrates 8g, Cholesterol 0.6mg, Sodium 24mg, Fiber 1.25g, Protein 2g*

