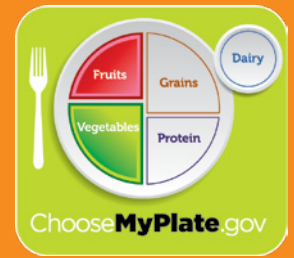


Mixed Greens with Fresh Oranges and White Beans

Preparation Time: 45 minutes

Here's an updated version of a Southern tradition, mixed greens with beans, combined with fresh navel oranges and vinaigrette. Can be made ahead for a quick meal.



Ingredients

1 lb bag Glory mixed greens
½-1 cup water
2 Tropicana navel oranges
1 15-oz can cannellini (white kidney) beans, drained and rinsed

Vinaigrette

¼ cup balsamic vinegar
2 tbsp olive oil
1 tbsp sugar
¼ tsp salt
⅛ tsp pepper

In a large uncovered sauce pan, simmer greens in water for 30 minutes, stirring occasionally. Drain and let cool. Peel and chop oranges into bite-size pieces. In a small bowl, whisk together vinaigrette ingredients. Place cooked greens, oranges, and drained, rinsed beans in a large bowl; add vinaigrette and toss. Serves 4.

Tips on how to select and store oranges

- Choose oranges with firm, smooth skins that are heavy for their size.
- Store oranges at room temperature for 1-2 days.
- Refrigerate for up to 1-2 weeks.

For more great-tasting recipes featuring fresh oranges, visit www.Tropicanafresh.com and for mustard and collard greens visit www.gloryfoods.com.

Recipe cost

\$7.86 for four, \$1.97 per serving.

Meal cost

\$10.90 for four, \$2.72 per serving.

*Retail prices, Boulder, Colorado and online, Fall 2011.

Recipe Nutrition Information per Serving

Calories 220
Total Fat 7g
Saturated Fat 1g
% of Calories from Fat 29%
% Calories from Sat Fat 4%
Protein 9g
Carbohydrates 34g
Cholesterol 0mg
Dietary Fiber 9g
Sodium 400mg

An excellent source of fiber, vitamin A, vitamin C, folate, and calcium, and a good source of protein, vitamin E, niacin, B6, potassium, and iron.

MyPlate Food Group Amounts

Fruits ½ cup	Protein 1½ oz
Vegetables 1¼ cups	Dairy 0
Grains 0	

Meal Nutrition Information per Serving

(Serve with an 8 oz glass of non-fat milk and low-sodium cornbread.)

Calories 460
Total Fat 9g
Saturated Fat 1g
% of Calories from Fat 18%
% Calories from Sat Fat 2%
Protein 20g
Carbohydrates 77g
Cholesterol 5mg
Dietary Fiber 9g
Sodium 520mg

An excellent source of protein, fiber, vitamin A, vitamin C, vitamin D, niacin, folate, B12, potassium, calcium, phosphorus, and iodine, and a good source of vitamin E, thiamin, niacin, B6, pantothenic acid, and magnesium.

MyPlate Food Group Amounts

Fruits ½ cup	Protein 1½ oz
Vegetables 1¼ cups	Dairy 1 cup
Grains 2 oz	

Healthy Resources

www.FruitsAndVeggiesMoreMatters.org

www.Tropicanafresh.com

www.gloryfoods.com

www.FoodChamps.org

www.ChooseMyPlate.gov

MyPlate Core Messages

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

