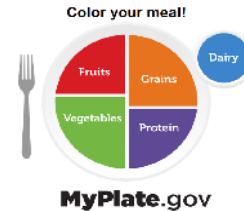




SPINACH AND CITRUS SALAD



Ingredients:

3 Cups Spinach

3 Oranges, peeled and broken into sections

3 Tbs sliced almonds

1/4th cup Dried Cranberries

1 Tsp vegetable oil

3 tablespoons orange juice

2 TBS rice vinegar

Directions:

- 1. In a serving bowl, combine spinach, oranges, almonds and cranberries.**
- 2. In a bowl, whisk together vegetable oil, orange juice and rice vinegar for the dressing.**
- 3. Toss salad with dressing and serve.**

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
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LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

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F.O.R.
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HELPLINE



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1-888-544-8773

F.O.R.
خط المساعدة



لتصلون على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

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