

## Persimmon and Spinach Salad

Makes 6 servings at 1/2 cup each

- 3 cups spinach, washed
- 3 medium Fuyus, sliced
- ¼ cup dried cranberries
- 1 ½ tablespoons olive oil
- 3 tablespoons 100% orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt

In small bowl, combine oil, orange juice, rice vinegar and salt for dressing. Chill in refrigerator.

In large bowl, combine spinach, persimmons and cranberries.

Toss salad with dressing and serve.

Variation: Top with grilled chicken breasts (sliced).



Adapted from: [www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)



Funded by the USDA's Food Stamp Program,  
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