

## **Salad**

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# **Tropical Salad with Citrus Vinaigrette**

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**Servings: 4**

**Start to Finish Time: 20 minutes**

**3 cups fresh arugula**

**2 cups fresh baby spinach**

**2 clementines or tangerines, peeled and divided into segments**

**1 cup strawberries, hulled and sliced**

**1/2 cup fresh blueberries**

**1/2 cup praline pecans**

**2 ounces goat cheese**

**2 tablespoons juice of one clementine**

**1 tablespoon honey**

**1 tablespoon olive oil**

**1/2 teaspoon apple cider vinegar**

In a large bowl, toss together the arugula, spinach, clementines, strawberries and blueberries.

Transfer to a platter.

Top with the pecans.

In the bowl of a food processor, place the goat cheese, clementine juice, honey, olive oil and vinegar.

Process until smooth and creamy.

Spoon the dressing over the salad.

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Per Serving (excluding unknown items): 131 Calories; 9g Fat (57.1% calories from fat); 5g Protein; 10g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 51mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.