

Kick-Start Your Heart Strawberry-Mandarin Orange Salad

Mixed greens with mandarin oranges, sliced strawberries and toasted almonds

Instruments

Dressing

- 3 tbsp each olive oil and white wine vinegar
- 2½ tbsp honey
- 2 tbsp frozen orange juice concentrate
- 1 tsp Dijon mustard
- Couple pinches each salt and freshly ground black pepper

Salad

- 1 package (5 oz / 142 g) spring mixed greens
- 1 can (284 ml) mandarin oranges, drained
- 1 cup ripe fresh strawberries, hulled and quartered
- ½ cup thinly sliced red onions
- ¼ cup sliced almonds, toasted, divided

Lyrics

- ♪ To make dressing, in a small bowl, whisk together oil, vinegar, honey, orange juice concentrate, mustard, salt and pepper. Set aside.
- ♪ In a large bowl, gently toss together, mixed greens, mandarin oranges, strawberries, onions, half the toasted almonds and dressing. Sprinkle remaining toasted almonds on top. Serve.

The Music Behind The Meal

Kick-start your heart into high gear with this salad that's bursting with goodness. Its health-smart ingredients will keep your ticker beating like a never aging rock song such as "Start Me Up" by The Rolling Stones. So toss like the wind...at triple speed...to make this salad that'll keep you feeling lively and looking lean!



Dis Ain't No Reggae Song!

"Start Me Up" had a reggae sound to it when the band originally recorded it back in 1977. It remained tucked away in their collection of recordings for four years until they dug it up and reworked it into the rock song we know today.

Volume < Makes 6 servings >

PER SERVING						
calories	total fat	saturated fat	protein	carbohydrate	fiber	sodium
161	9 g	1 g	2 g	20 g	2 g	107 mg
					★	★
						★

GROOVIN' FOR LIFE!

Ten "Oh So Simple" Healthy Habits

Healthy
Habit
#3

Remove tempting, yet fattening, goodies from the kitchen counter and store them in hard to reach places. It'll make you think twice about having to put in the extra effort to get to them. If you do pull them out, remember to put them back in that annoying spot!