

# Avocado-Orange Salad

- 2 navel oranges
- 1 Tbsp. rice vinegar
- 2 tsp. soy sauce
- 2 tsp. olive oil
- 2 tsp. sesame oil
- 1 cup thinly sliced radishes (about 10)
- 1 large carrot, thinly sliced on the diagonal with a vegetable peeler
- 10 oz. baby-spinach leaves
- 2 Hass avocados, halved, pitted, peeled and cut into 1-in. chunks



1. Cut thin slice of peel from bottom and top of each orange. Working with curve of fruit, cut off rest of peel and outer membranes. Working over strainer set in bowl, cut between orange segments to release them. Squeeze membranes to get juice.
2. Measure out  $\frac{1}{4}$  cup orange juice and transfer to large bowl. Whisk in vinegar, soy sauce, olive oil and sesame oil.
3. Add radish slices, carrot, spinach, orange segments and avocado chunks, and toss to combine. Serve immediately.

Makes 6 servings

Per serving: 155 calories, 10 g fat, 17 g carbohydrates (7 g fiber), 3 g protein, 243 mg sodium