

# Mixed Greens with Fresh Oranges & White Beans

This is an updated version of a Southern tradition, mixed greens with beans, combined with fresh navel oranges and vinaigrette. It can be made ahead for a quick meal.  
Provided by Fruits & Veggies - More Matters

## Ingredients:

- 1 bag Glory mixed Greens (or, make your own combination!)
- 1/2 to 1 cup water
- 2 Tropicana navel oranges
- 1 15-ounce can cannellini (white kidney) beans, drained and rinsed

## Vinaigrette:

- 1/4 cup balsamic vinegar
- 2 TBS olive oil
- 1 TBS sugar
- 1/4 tsp salt
- 1/8 tsp pepper



## Instructions

In a large uncovered sauce pan, simmer greens in water for 30 minutes, stirring occasionally. Drain and let cool. Peel and chop oranges into bite-size pieces. In a small bowl, whisk together vinaigrette ingredients. Place cooked greens, oranges, and drained, rinsed beans in a large bowl; add vinaigrette and toss.

# Nutritional Information

Serves: 4

Each serving provides: an excellent source of fiber, vitamin A, vitamin C, folate, and calcium, and a good source of protein, vitamin E, niacin, B6, potassium, and iron

## Nutritional Information

Calories: 220

Total Fat: 7g

Saturated Fat: 1g

% Calories from Fat: 29%

% Calories from Sat Fat: 4%

Protein: 9g

Carbohydrates: 34g

Cholesterol: 0mg

Dietary Fiber: 9g

Sodium: 400mg

Source: Fruits and Veggies More Matters