

Grilled Sweet Spring Onions with Orange-Honey Vinaigrette

- 2 large sweet spring onions, cut into ½-inch thick slices
- ¼ cup orange juice
- 1 tablespoon olive oil
- 2 teaspoons red wine vinegar
- 1½ teaspoons honey
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 cups fresh spinach or other greens
- 1 medium tomato, chopped

1. Preheat grill or broiler. Place onion slices on grill or broiler pan. Grill until slightly softened and golden brown, about 3 minutes; turn and cook until tender, about 3 minutes longer.
2. Combine in a small bowl orange juice, oil, vinegar, honey, salt and black pepper. Mix well.
3. Divide spinach onto 4 plates. Top with cooked onions and chopped tomato. Drizzle with orange juice mixture.

Yield 4 servings.

| Nutrition Facts | | |
|------------------------------------|-----------------------------|---------------|
| Serving Size: about 1/4 of recipes | | |
| Servings per recipe: 4 | | |
| Amount Per Serving | | |
| Calories 75 | Calories from fat 36 | |
| Value | | % Daily |
| Total Fat 4g | | 6% |
| Saturated fat trace | | 2% |
| Cholesterol 0mg | | 0% |
| Sodium 283mg | | 12% |
| Carbohydrate 11g | | 4% |
| Dietary Fiber 2g | | 7% |
| Protein 1g | | 3% |
| Vitamin A: 25% | Vitamin C: 35% | Folacin: 13% |
| Calcium: 3% | Iron: 4% | Potassium: 8% |

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