

# Orange and Cucumber Salad with Spring Greens

*Early spring greens are crossing paths with winter citrus in this easy and healthy salad.*

## Ingredients:

- $\frac{1}{2}$  English cucumber, thinly sliced
- 3 to 4 small oranges (clementines), peeled and sectioned
- 2 big handfuls baby arugula leaves
- 2 baby bok choy, thinly sliced
- $\frac{1}{2}$  bunch watercress leaves
- 1 cup green sprouts (pea, broccoli)
- Pumpkin seeds or sunflower seeds, as desired
- Juice of  $\frac{1}{2}$  orange
- Juice of  $\frac{1}{2}$  lemon
- 1 teaspoon orange zest
- 1 teaspoon lemon zest
- 2 tablespoons extra-virgin olive oil
- sea salt and freshly ground pepper to taste

1. Combine all the veggies in a serving bowl.
2. Mix together the orange and lemon juice, orange and lemon zest, olive oil, salt and pepper.
3. Pour the dressing on the salad and toss together. Scatter the seeds over the top of the salad and serve.