

Spinach Power Salad with Mandarin Vinaigrette

Dressing

6 ounces mandarin orange juice (reserve oranges)

2 Tbsp. apple cider vinegar

¼ cup olive oil

¼ cup pure cane sugar

½ small onion (chopped)

1 Tbsp. spicy brown mustard

1 Tbsp. yellow mustard

½ tsp. salt

½ tsp. pepper

Salad

½ pound chicken breast (cooked, chopped)

5 ounces baby spinach

1 large carrot (shredded)

24 seedless red grapes

1 ½ ounces walnuts (coarsely chopped)

Reserved mandarin oranges

PREPARATIONS

1. Combine all of the dressing ingredients in a blender. Mix until combined.
2. Divide the spinach among four bowls. Top each bowl with the shredded carrots, grapes, mandarin oranges, walnuts and chicken breast.
3. Shake the dressing. Drizzle over each salad.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	362
Total Fat	22 g
Protein	16 g
Carbohydrates	27 g
Dietary Fiber	3 g
Saturated Fat	3 g
Sodium	488 mg
Total Sugars	22 g

Source: USDA

Are You Up to Date On Your Immunizations?

Every August, the National Public Health Information Coalition sponsors National Immunization Awareness Month to promote the importance of immunizations at all life stages. Vaccination protects everyone, from infants to the elderly, from serious illnesses and complications of vaccine-preventable diseases.

Being properly vaccinated not only protects you, but everyone else around you, from falling ill with serious illnesses like measles, polio, hepatitis and meningococcal meningitis.

Follow the provided links to learn if you and your loved ones are up to date on the recommended vaccinations for each stage of life:

- [Infants and children \(birth to age 6\)](#)
- [Preteens and teens \(ages 7-18\)](#)
- [Adults \(ages 19 and older\)](#)
- [Pregnancy and vaccines](#)

For more information on vaccines, or to learn more about what vaccines you may need, click [here](#) or talk with your doctor.

KNOW YOUR VACCINES

Learn the differences between types of vaccines:

1. **Live attenuated vaccine** – These vaccines use a weakened virus strain to produce an asymptomatic infection in your body to produce a lifelong immunity to the illness.
2. **Inactivated vaccine** – These vaccines use “killed” strains of a bacterial or viral strain to evoke an immune response in your body.
3. **Subunit/conjugate vaccine** – These types of vaccines isolate a specific protein or carbohydrate within a virus or bacteria strain to evoke an immune response in your body.



Source: History of Vaccines, U.S. Centers for Disease Control and Prevention