



## Nutty Apple and Spinach Salad

Servings: 4

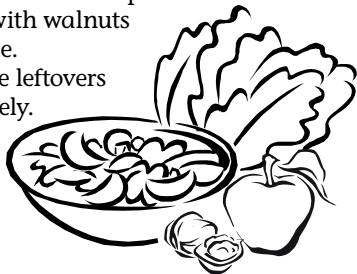
Rinse fresh fruits and vegetables under running water. Scrub firm-skin fruits with a vegetable brush while rinsing.

### Ingredients:

- 1 large Jonathan apple, quartered, cored and sliced thin
- 2 cups spinach
- ½ cup walnuts, toasted
- ½ cup feta or goat cheese, crumbled
- 1 tablespoon lemon juice
- 2 teaspoons honey

### Directions:

1. Wash hands and surfaces.
2. For dressing, whisk lemon juice and honey in small bowl to blend.
3. In large bowl, combine apple and spinach. Toss with enough dressing to coat.
4. Mound salad on four plates. Sprinkle with walnuts and cheese.
5. Refrigerate leftovers immediately.



## Nutty Apple and Spinach Salad

### Nutrition Facts

Amount Per Serving

**Calories** 190

Calories from Fat 120

% Daily Value\*

**Total Fat** 14g **22%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 3g **12%**

Sugars 10g

**Protein** 5g

Vitamin A 10%

Vitamin C 10%

Calcium 10%

Iron 6%

### Tips:

- Use fresh, local veggies. Go online to find a farmers market at:  
[agebb.missouri.edu/fmktidir/index.htm](http://agebb.missouri.edu/fmktidir/index.htm)  
or other Missouri local foods at:  
[foodcircles.missouri.edu/sources.htm](http://foodcircles.missouri.edu/sources.htm)
  - Young children, pregnant women, the sick and elderly should not eat soft cheeses like feta or soft goat cheese because of a bacteria called *Listeria*.
- ☺ They learn from watching you — eat fruits and veggies and your kids will, too.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/)