



## 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.

1 large Jonathan apple, quartered, cored and sliced thin

2 cups spinach

½ cup walnuts, toasted

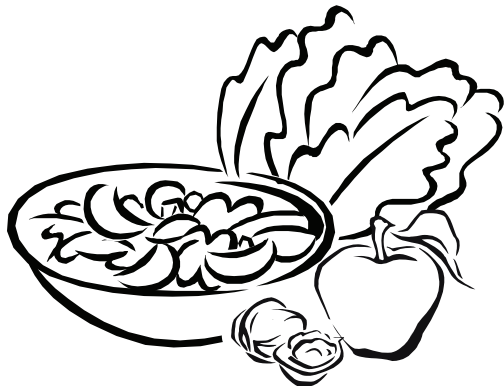
½ cup feta or goat cheese, crumbled

1 tablespoon lemon juice

2 teaspoons honey

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.



## Nutrition Facts

4 servings per container

Serving size 1 cup salad (111g)

Amount per serving

**Calories** 190

% Daily Value\*

Total Fat 14g 18%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 180mg 8%

Total Carbohydrate 14g 5%

Dietary Fiber 3g 11%

Total Sugars 10g

Includes 3g Added Sugars 6%

Protein 5g

Vitamin D 0mcg 0%

Calcium 125mg 10%

Iron 1mg 6%

Potassium 225mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- 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 resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)