

# Spinach Apple Salad

## Ingredients

- 4 cups fresh spinach leaves
- 1 head Boston or Bibb lettuce
- 2 medium apples (Braeburn, Pink Lady, or Granny Smith)
- $\frac{1}{4}$  cup chopped walnuts
- $\frac{1}{2}$  cup plain yogurt
- 1 Tbsp honey
- $\frac{1}{8}$  tsp ground coriander
- $\frac{1}{8}$  tsp ground ginger
- $\frac{1}{8}$  tsp ground turmeric

## Directions

1. Place washed spinach and lettuce in a salad bowl.
2. Core and slice the apples. Add to the lettuce; toss in the walnuts.
3. In a small bowl, blend yogurt, honey, and spices. Toss with the salad.
4. Serve immediately.

## Handling & Storage

Loosely wrap spinach in a damp paper towel and refrigerate in a plastic bag for up to 5 days.

To prepare, rinse spinach under cold water in a colander. Use a salad spinner or pat the leaves dry to remove excess moisture before serving or cooking.

# Nutritional Information

**Calories:** 162

**Total Fat:** 5.5 g

**Saturated Fat:** 0.6 g

**Trans Fat:** 0.0 g

**Cholesterol:** 2 mg

**Sodium:** 51 mg

**Total Carbohydrates:** 26.3 g

**Dietary Fiber:** 4.4 g

**Sugars:** 19.1 g

**Protein:** 5.2 g

*Serves 4*