

RECIPES

Fresh Fruity Spinach Salad



Ingredients (2 servings)

2 cups fresh spinach
 1 cup fresh peaches or berries
 1 green onion, minced
 1 tablespoon sugar
 1/4 teaspoon Worcestershire sauce
 2 teaspoons salad oil
 2 teaspoons vinegar

Healthy add-in: thinly sliced radishes, raisins or other dried fruit, or chopped nuts (add in Step 4).

Nutrition Information per serving

105 calories, 4.8 g fat, 0.6 g sat fat, 1.6 g protein, 14 g carbohydrate, .8 g fiber, 32 mg sodium.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Rinse spinach and remove large, tough stems. Drain.
3. Tear leaves into small pieces. Place in a serving bowl.
4. Rinse peaches or berries. Slice peaches into bite-sized pieces. Combine with spinach. Add onion.
5. Combine the remaining ingredients in a jar with a tight-fitting lid. Shake well.
6. Pour dressing over spinach mixture. Toss. Serve cold.

SPINACH

Choose: crisp, deep green spinach leaves. Baby spinach is best for eating raw. More mature spinach will hold up better in cooking.

Store: in a plastic bag, removing as much of the air from the bag as possible. Do not wash before storing.

How much? Six cups of spinach = about 1 pound.