



## Apple, Nut, and Feta Salad

### INGREDIENTS:

- 8 cups fresh baby spinach, or other dark leafy lettuce
- 2 medium apples, cored and chopped
- ¼ cup toasted, chopped nuts, such as pecans, walnuts, or almonds
- ½ cup dried cranberries
- ½ cup reduced-fat crumbled feta
- ¼ - ½ cup balsamic vinaigrette (look for an option with less than 5g of fat and 400mg of sodium per 2 tablespoon serving)

### DIRECTIONS:

1. Place baby spinach in the bottom of a large bowl.
2. Top with apples, nuts, cranberries, and feta.
3. Pour dressing over salad, toss to coat, and serve immediately.

Source: 2018 Nutrition and Fitness Calendar Healthy & Homemade| Yield:6 (2 cups) servings. 153 Calories per serving. Total fat 7g; Protein 4g; Total carbohydrate 19g; Dietary fiber 3g