

Eat Smart • Move More

Spinach, Cheddar, and Apple Salad

Prep Time: 15 minutes

Total Time: 15 minutes



Ingredients

- 6 cups spinach, torn
- 1 apple, cored and diced
- ½ cup reduced fat cheddar cheese, shredded
- ⅓ onion, minced
- ¼ cup sunflower seeds
- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 3 tablespoons honey
- 2 teaspoons Dijon mustard
- ¼ teaspoon ground black pepper

Nutrition Facts

4 servings per container	
Serving size	1 serving
	(169.46g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 19g	
Includes 13g of Added Sugars	26%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 166mg	15%
Iron 2mg	10%
Potassium 412mg	8%

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

Quick Tips

- ▶ For extra flavor and nutrition, add cranberries, almonds, or walnuts for toppings.
- ▶ Don't forget to wash your produce before cutting!
- ▶ Pair with our Easy Lasagna or Simple Spaghetti recipes.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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Directions

- Add spinach, apple, cheese, onion, and sunflower seeds to a mixing bowl.
- In a separate bowl, whisk together vinegar, oil, honey, mustard, and pepper. Pour over the salad mixture and toss together.

(Recipe adapted from: <https://www.averiecooks.com>.)

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