APPLE SPINACH SALAD

SERVES 6

Preparation time: 15 minutes

INGREDIENTS

- 4 cups spinach leaves
- 2 tablespoons canola oil
- 2 1/2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 cup red onion, chopped
- 1 medium tart apple, cut into bite-sized chunks
- 1/4 cup raisins or dried cranberries

DIRECTIONS

2. In a small bowl, mix oil, vinegar, sugar and salt.
3. Add apple, onion, and raisins to oil mixture and toss to coat apples. Let stand ten minutes.
4. Add ingredients to salad bowl and toss with spinach.
5. Refrigerate leftovers.

TIPS & VARIATIONS

- CHILDREN CAN wash and tear spinach for the salad.
- CHILDREN CAN measure out and mix ingredients.
- OLDER CHILDREN CAN chop the apples into bite-sized chunks.

Nutrition Facts
Serving size 1/2 cup
Calories 90; Total Fat 4.6g; Saturated Fat 0.3g; Sodium 16mg; Potassium 89mg; Carbohydrate 12g; Fiber 1.5g; Sugar 9g; Protein 0.7g; Vitamin D 0µg; Calcium 24mg; Vitamin A 90µg; Vitamin C 7mg; Iron 0.8mg