

Cranberry Apple Spinach Salad with Curry Dressing

Serving Size: 1 cup

Serves: 6

Non-Fat Curry Dressing Ingredients:

2 tablespoons balsamic vinegar

2 tablespoons rice vinegar

2 teaspoons Dijon mustard

4 teaspoons honey

1 teaspoon curry powder

1 pinch Salt and pepper to taste

Salad Ingredients:

6 cups fresh baby spinach, rinsed

1 red apple, cut into wedges

1 green apple, cut into wedges

1/3 cup dried cranberries

1/2 small red onion, thinly sliced

1/2 cup sliced almonds

Directions

1. Stir together the vinegars and mustard. Add the honey continuing to stir. Season with curry, salt and pepper. Blend well.
2. In a mixing bowl, combine the salad ingredients. Drizzle the dressing over the salad and toss lightly.

Exchanges per serving:

1 Vegetable, 1 Fruit

Nutrients per serving:

Calories: 120

Calories from fat: 35

Total Fat: 4g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 62mg

Carbohydrate: 20g

Dietary Fiber: 3g

Sugars: 14g

Protein: 3g