

Spinach Salad with Apples and Eggs

Serves 4

Ingredients:

- 4 large eggs
- 2 apples
- 8 cups fresh spinach
- 1 cup dried figs (about 16 figs or one 7-oz pkg)
- 1 cup whole-grain croutons
- 1/2 cup light honey mustard or poppy seed dressing



Directions:

1. To hard boil-eggs:
 - Place eggs in saucepan large enough to hold them in a single layer.
 - Add cold water to cover eggs by 1 inch.
 - Heat over high heat just to boiling.
 - Remove from heat and cover.
 - Let eggs stand in hot water about 12 minutes.
 - Drain and fill pan with cold water; let sit 10-15 minutes.
 - Peel and slice. (If making ahead, refrigerate cooked unpeeled eggs)
2. Prepare other ingredients while eggs are cooking and cooling.
3. Wash, slice, and core apples.
4. Cut apples and dried figs into bite-sized chunks.
5. Wash and drain spinach.
6. To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons. Drizzle with dressing.

Notes: Serving Suggestions: Serve with a glass of 100% grape juice and vanilla or lemon low-fat yogurt.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1/4 of the recipe (103g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 360 | |
| % Daily Value * | |
| Total Fat 11g | |
| Saturated Fat 2g | |
| Trans Fat | |
| Cholesterol 185mg | |
| Sodium 560mg | |
| Total Carbohydrate 59g | |
| Dietary Fiber 10g | |
| Sugars 33g | |
| Protein 9g | |
| Vitamin D 1mcg | Potassium 845 mg |
| Calcium 180 mg | Iron 4 mg |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 - Carbohydrate 4 - Protein 4 | |

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