

Spinach - Apple Salad [from the kitchen of Charlotte P. Ponder, Faith Temple Christian Church]

6 Cups raw, fresh spinach	3 TB cidar vinegar
1/2 cup red delicious apple	1 ts dijon mustard
1/2 cup golden raisons	1 ts vegetable oil
2 TB slivered almonds	1/4 ts garlic powder
1/4 cup apple juice (unsweetened)	1/4 ts pepper

Chop spinach and apples. Combine spinach, apple, raisons and almonds in a large bowl. Toss gently. Combine apple juice and remaining ingredients in a small jar; cover tightly and shake. Pour over spinach mixture and toss gently.

Recipe makes 6 servings

Each serving contains:

60 Kcal
2 grams of fat
1/2 serving of fruit
1 serving of vegetables

The above recipe was compiled as part of the Eat for Life Program, a research initiative of the Rollins School of Public Health, Emory University; Kenneth Resnicow, Ph. D., principle investigator.

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