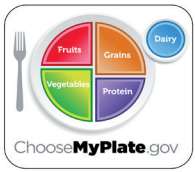


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# SPINACH SALAD WITH APPLES AND EGGS

Enjoy a simply delicious spinach salad with hard-boiled eggs, apples, and dried figs.

**Preparation time:** 45 minutes

**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
- ½ 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-size 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.

## Serving Suggestions:

Serve with 8 oz of 100% grape juice and ½ cup vanilla or lemon low-fat yogurt.



Food Group Amounts	
Dairy	--
Fruits	1¼ cups
Vegetables	1 cup
Grains	½ oz
Protein	1 oz

Nutrition Facts	
Serving Size 271 g	
Amount Per Serving	
<b>Calories</b> 360	Calories from Fat 100
<b>%Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 185mg	<b>62%</b>
<b>Sodium</b> 580mg	<b>23%</b>
<b>Total Carbohydrate</b> 59g	<b>20%</b>
Dietary Fiber 10g	<b>40%</b>
Sugars 33g	
<b>Protein</b> 9g	
Vitamin A 40%	Vitamin C 20%
Calcium 15%	Iron 20%
* 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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation



United States  
Department of  
Agriculture

