

## Fix It Fresh! Fruits and Vegetables Recipes Series

Recipe Category: Side Dishes (Cold)



A child could wash the fruit and vegetables, tear the spinach, and shake the mixture.

### Fresh Fruity Spinach Salad

Yield: 2 servings

- 2 cups fresh spinach
- 1 cup fresh peaches or berries
- 1 minced green onion
- 1 tablespoon sugar
- 1/4 teaspoon Worcestershire sauce
- 2 teaspoons salad oil
- 2 teaspoons vinegar

1. Wash your hands and work area.
2. Rinse spinach and remove large tough stems. Drain. Tear leaves into small pieces. Place in a serving bowl.
3. Rinse peaches or berries. Slice into bite size pieces. Combine with spinach. Add onion.
4. Combine the remaining ingredients in a jar with a tight fitting lid. Shake well.
5. Pour dressing over spinach mixture. Toss. Serve cold.
6. Cover and refrigerate leftovers within 2 hours.

Original recipe from "Small Fruit Crops for the Backyard" University of Illinois Extension, [www.urbanext.uiuc.edu](http://www.urbanext.uiuc.edu)

This low-sodium tossed salad is high in vitamins A and C and is a good source of iron.

### Nutrition Facts

Serving Size 1 cup (151g)

Servings Per Container 2

Amount Per Serving

**Calories 110**      **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**      **8%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 50mg**      **2%**

**Total Carbohydrate 16g**      **5%**

Dietary Fiber 2g      **8%**

Sugars 13g

**Protein 2g**

Vitamin A 100%      •      Vitamin C 35%

Calcium 6%      •      Iron 10%

\*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

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit, 1/2 vegetable and 1 fat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. **The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.**

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