



Cornell University
Cooperative Extension
of Schenectady County

Schenectady County
Schaffer Heights
107 Nott Terrace, Suite 301
Schenectady, NY 12308

Tel: 518.372.1622
Fax: 518.372.8703
Email: Schenectady@cornell.edu
Web Site www.cceschenectady.org

Spinach Salad with Fresh Fruit

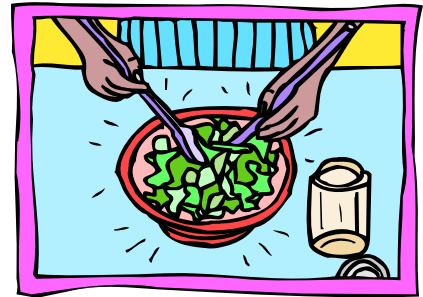
Makes 4 servings

Ingredients:

- 4 cups baby Spinach, rinsed and dried
- 2 cups fruit (peaches, strawberries or pineapple)
- $\frac{3}{4}$ cup croutons
- $\frac{1}{4}$ cup poppyseed salad dressing

Directions:

1. Wash fruit. Slice into bite sized segments.
2. Thoroughly wash spinach.
3. Combine fruit, spinach and croutons into a large bowl.
4. Toss with dressing until evenly coated.
5. Serve immediately.



Nutrition Facts (made with peaches): Calories 114
Total Fat 6.6g, Sat Fat 1 g, Sodium 168mg, Fiber 2g, Protein 2g
Vitamin A 59%, Vitamin C 19%
Calcium 4%, Iron 6%

Recipe adapted from Allrecipes.com