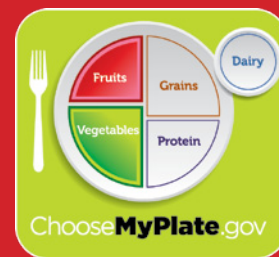


# Spinach Salad with Apples and Eggs

Preparation Time: 45 minutes

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



## Ingredients

- 4 large eggs
- 2 Piñata (or Gala) 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

To hard-boil eggs: Place eggs in saucepan large enough to hold them in 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. (Can be done ahead. If making ahead, refrigerate cooked unpeeled eggs.)

Prepare other ingredients while eggs are cooking and cooling. Wash, slice, and core apples. Cut apples and dried figs into bite-size chunks. Wash and drain spinach.

To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons. Drizzle with dressing. Serves 4.

### Tips on how to select and store apples

- Choose firm, shiny, smooth-skinned apples with intact stems.
- Apples should smell fresh, not musty.
- Refrigerate apples in a plastic bag away from strong-smelling foods and use within 3 weeks.

### Tips on how to select and store spinach

- Choose fresh, crisp, green bunches with no evidence of insect damage.
- Loosely wrap spinach in damp paper towel.
- Refrigerate in plastic bag for use within 3-5 days.

For more great-tasting recipes featuring apples visit [www.Stemilt.com](http://www.Stemilt.com) and for eggs visit [www.eggnutritioncenter.org](http://www.eggnutritioncenter.org).

Drinking 100% juice is a convenient way to help meet one or two of your daily recommended servings of fruits and vegetables. One 4 oz glass (½ cup) of 100% juice equals one serving.

For more information and recipes featuring 100% juice, visit [www.fruitjuicefacts.org](http://www.fruitjuicefacts.org).

### Recipe cost

\$7.97 for four, \$1.99 per serving.

### Meal cost

\$11.16 for four, \$2.79 per serving.

\*Retail prices, Boulder, Colorado and online, Fall 2011.

## Recipe Nutrition Information per Serving

**Calories** 360  
**Total Fat** 11g  
**Saturated Fat** 2g  
**% of Calories from Fat** 28%  
**% Calories from Sat Fat** 5%  
**Protein** 9g  
**Carbohydrates** 59g  
**Cholesterol** 185mg  
**Dietary Fiber** 10g  
**Sodium** 560mg

An excellent source of fiber, vitamin A, and iron, and a good source of protein, vitamin C, vitamin D, niacin, potassium, calcium, phosphorus, and iodine.

### MyPlate Food Group Amounts

<b>Fruits</b> 1¼ cups	<b>Protein</b> 1 oz
<b>Vegetables</b> 1 cup	<b>Dairy</b> 0
<b>Grains</b> ½ oz	

## Meal Nutrition Information per Serving

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

**Calories** 620  
**Total Fat** 13g  
**Saturated Fat** 3g  
**% of Calories from Fat** 19%  
**% Calories from Sat Fat** 4%  
**Protein** 16g  
**Carbohydrates** 113g  
**Cholesterol** 195mg  
**Dietary Fiber** 11g  
**Sodium** 650mg

An excellent source of protein, fiber, vitamin A, vitamin C, niacin, B12, potassium, calcium, iron, phosphorus, and magnesium, and a good source of vitamin D, thiamin, B6, folate, pantothenic acid, zinc, iodine, and copper.

### MyPlate Food Group Amounts

<b>Fruits</b> 2¼ cups	<b>Protein</b> 1 oz
<b>Vegetables</b> 1 cup	<b>Dairy</b> ½ cup
<b>Grains</b> ½ oz	

## Healthy Resources

[www.FruitsAndVeggiesMoreMatters.org](http://www.FruitsAndVeggiesMoreMatters.org)

[www.Stemilt.com](http://www.Stemilt.com)

[www.eggnutritioncenter.org](http://www.eggnutritioncenter.org)

[www.fruitjuicefacts.org](http://www.fruitjuicefacts.org)

[www.FoodChamps.org](http://www.FoodChamps.org)

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

## MyPlate Core Messages

### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

