

## Spinach and Green Apple Salad



Servings: 4

### Nutrition Information:

10g carbohydrates

155 calories

13g fat

2g saturated fat

88mg sodium

3g fiber

2g protein

### Ingredients:

2 tbsp. olive oil

1 tsp. Dijon Mustard

1 Granny Smith apple

Salt and pepper to taste

1 tbsp. cider vinegar

5 ounces/5 cups baby spinach leaves

$\frac{1}{3}$  cup walnut pieces, toasted

### Directions:

1. In a small bowl whisk together olive oil, vinegar and mustard. Season with salt and pepper to taste.
2. Toss spinach with the prepared dressing and divide among 4 plates.
3. Core the apple and slice into thin slices. Sprinkle apple pieces and walnuts evenly onto the 4 salad plates.