



## Spinach Salad with Apple and Eggs

Servings - 4

Prep + Cook Time- 45 min

Equipment Needed-

Knife, cutting board, cooking  
pot

### INGREDIENTS

- 4 Large Eggs
- 2 Apples
- 8 cups fresh spinach
- 1 cup dried figs (about 16 figs or 7oz package)
- 1 cup whole –grain croutons
- 1/2 cup light honey mustard or poppy seed dressing (find brand less than 2 dollars)

### NUTRITIONAL INFORMATION

**Possible Allergens:** Possible egg or poppy seed allergy

**Health Benefits:** low fat, 9 grams of protein and 1/2 your daily servings of fruits and vegetables

### INSTRUCTIONS

- Hard boil eggs (place in deep pan in single layer, cover with cold water and bring to a boil high heat. Remove, drain and place eggs in cold water bath 5 minutes, peel and slice
- Wash slice apples
- Cut apples and figs into bit sized chunks
- Wash spinach
- Plate with even amounts on 4 plates and drizzle with dressing

(in place of figs you can use pears, nectarines, plums or apricots)

### RECIPE SOURCE

<http://www.whatscooking.fns.usda.gov/>