

Apple spinach salad



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves

6

Serving size

1/2 cup

Time to make

15 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 4 cups spinach leaves
- 2 tablespoons canola oil
- 2 1/2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 cup red onion, chopped
- 1 medium tart apple, cut into bite-sized chunks
- 1/4 cup raisins* or dried cranberries

**Raisins were used for the nutrition analysis*

Directions

1. Wash spinach thoroughly. Pat dry or spin in a salad spinner.
2. Tear spinach into bite-sized pieces and place in a large bowl. Set aside
3. In a small bowl mix oil, vinegar, sugar, and salt.
4. Add the apple, onion, and dried fruit to the oil mixture and toss to coat apples.
Let stand ten minutes.
5. Combine ingredients together in the large bowl of spinach and serve.
6. Refrigerate leftovers.

Tips and variations

- The spinach and oil/vinegar mixture can be prepared ahead and stored separately in the refrigerator.
- To keep the apple from getting brown, cut the apple and add to the oil/vinegar mixture then assemble the salad just before serving. The vinegar in the dressing keeps the apple from browning.
- For a complete meal, add slices of baked or grilled chicken breast and serve with a slice of whole wheat bread and a glass of skim milk.

- Add feta or walnuts for additional flavor!

Nutritional info

Calories

90.6

Total fat

4.6 g

Saturated fat

0.4 g

Cholesterol

0 mg

Sodium

114.3 mg

Total carbohydrates

12.5 g

Dietary fiber

1.5 g

Protein

0.9 g

Total sugar

9.2 g

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