



Spinach Date Salad

Serves 6

6 cups torn fresh spinach
1 cup chopped apples
1 cup chopped dried dates
¼ cup slivered almonds
½ cup raspberry or red wine vinaigrette

In a bowl, combine spinach, strawberries, dates and almonds. Drizzle with vinaigrette; toss to coat. Serve immediately.

Per serving: 150 calories, 2.5 g fat, 3 g protein, 32 g carbohydrate, 4 g fiber, 65 mg sodium