



Raspberry Spinach Salad



Spinach and other dark, leafy greens are low in calories yet packed with folate, vitamin A, vitamin C, and antioxidants. The Dietary Guidelines recommend eating 3 cups a week of dark green vegetables like spinach, collards, turnip greens, beet and mustard greens, and green leaf lettuce. This easy, delicious salad puts you well on your way to meeting that goal. The sharpness of Gorgonzola cheese contrasts perfectly with sweet raspberries and creamy yogurt dressing. If you prefer a milder cheese, substitute Jack, Gouda, or Colby.

- 8 cups (about 8 ounces) ready-to-eat baby spinach or mixed salad greens
 - 1½ cups fresh raspberries
 - ⅔ cup crumbled Gorgonzola, Blue, or Feta cheese or 2 ounces diced Jack, Gouda, or Colby cheese
 - ¼ cup toasted pine nuts, pistachios, or pecans (optional)
 - 1 container (6-ounce) fat free raspberry yogurt
 - 2 teaspoons vegetable oil or mild olive oil
 - 2 teaspoons raspberry vinegar, balsamic vinegar, or lemon juice
 - Salt and ground black pepper (optional)
1. Remove stems from spinach. Divide spinach among 4 salad plates. Top with raspberries, cheese, and nuts, if desired.
 2. For dressing, in small bowl, stir together yogurt, olive oil, and vinegar. Add salt and pepper, if desired. Spoon over salads. Serve promptly.

Prep time: 10 minutes • Cook time: 0 • Makes: 4 servings

Variation:

Strawberry Spinach Salad: Substitute fresh sliced strawberries for fresh raspberries. Use strawberry instead of raspberry yogurt.

Cook's Tips:

- If fresh raspberries are unavailable, substitute frozen raspberries. Thaw on paper towels before using.
- To toast nuts: Preheat oven to 325°. Spread nuts on baking sheet and bake 5 to 10 minutes, stirring once or twice, until nuts are fragrant and lightly browned.

Nutrients per serving:

Calories	146
Protein	7 g
Total Fat	8 g
(Saturated Fat	4 g)
Carbohydrate	14 g
Calcium	209 mg
Cholesterol	18 mg
Fiber	5 g
Sodium	319 mg