



GREAT GREENS

Spinach, Grape and Feta Salad

- 1 teaspoon Dijon mustard
- 2 tablespoons vinegar
- 2 tablespoons olive oil
- $\frac{1}{4}$ teaspoon coarse salt
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- 4 cups baby spinach
- 1 cup red grapes, cut into halves
- $\frac{1}{3}$ cup crumbled feta cheese
- 2 tablespoons sliced, skin-on almonds
- 2 green onions (light green and dark green parts only), finely chopped

1. Whisk mustard and vinegar in a small bowl. While whisking, slowly drizzle in olive oil; add salt and pepper. (Add 1 to 2 tablespoons water if needed.)

2. Toss spinach, grapes, feta, almonds and green onions in a large bowl. Pour dressing over salad, toss to combine and serve.

Serves 4.

PER SERVING: 160 calories, 12g fat, 10mg chol., 4g prot., 12g carbs., 2g fiber, 360mg sodium

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