



Apple Spinach Salad

5 ounces fresh spinach	½ cup golden raisins	1 tablespoon olive oil
4 large Gala apples		1 tablespoon cider vinegar
2 ounces sharp white cheddar cheese, shredded		¼ teaspoon dry mustard
½ cup slivered almonds, toasted (see directions below)	Dressing: 2 tablespoons honey	½ teaspoon ground cinnamon ¼ teaspoon finely chopped garlic

Wash and dry fresh spinach. **Tear** into small pieces. **Core and chop** apples into bite sized pieces. Do not peel. **Mix** together spinach, apples, cheese, almonds and raisins. In a small bowl, **stir** together dressing ingredients and pour over salad mixture. **Toss and serve. To toast almonds: Spread** almonds evenly in a small saute pan, over medium high heat for about 30 seconds, **stir**. Continue to **heat** almonds for an additional

3-5 minutes, **stirring** often for even browning. **Remove** from heat when almonds are fragrant and turning golden brown around the edges. Immediately **pour** almonds into a dish to cool.

Yield: 10, 1 cup servings.

Nutritional Analysis: 150 calories, 6 g fat, 1.5 g saturated fat, 5 mg cholesterol, 50 mg sodium, 22 g carbohydrate, 3 g fiber, 17 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>

Kentucky Apples

SEASON: Early summer through December

NUTRITION FACTS: A medium size apple, about 2- 2½ inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

SELECTION: Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes and decayed spots. Always handle apples gently to avoid causing bruises, blemishes or other defects.

STORAGE: Use those with bruises or skin breaks as soon as possible to avoid decayed spots. Slightly under-ripe apples should be stored in a cool place, to ripen. Once ripe, apples will keep best for a week or longer stored in the refrigerator in the vegetable drawer or in a plastic bag.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic acid or fruit juice such as lemon or orange. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons water, toss gently with apple slices.

PRESERVING: Apples may be preserved by several methods: freezing, drying or canning.

KENTUCKY APPLES

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