

# Spinach Pineapple Salad

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*1 bag (4 to 6 ounce) baby  
spinach (or arugula)  
1/3 cup praline pecans,  
finely chopped  
4 ounces pineapple chunks  
in juice, finely chopped  
1/2 cup crumbled feta  
cheese  
1/4 cup poppyseed dressing*

Place the spinach in a salad bowl. Chop the nuts and pineapple. Add to the spinach.

Add the feta cheese and the dressing.

Toss and serve.

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Per Serving (excluding unknown items): 266 Calories; 16g Fat (53.0% calories from fat); 11g Protein; 21g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 838mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Fruit; 2 1/2 Fat.