

Spinach-Apple Toss

Connie Hopkins

Silverdale Chamber Of Commerce Favorite Recipes - 1991

Servings: 8

1 pound spinach

2 tart red apples

*8 slices bacon, crisply fried
and crumbled*

*2/3 cup mayonnaise or
salad dressing*

*1/3 cup frozen orange juice
concentrate, thawed*

Wash the spinach. Remove the stems and tear the leaves into bite-size pieces. Dry and chill.

Just before serving, quarter, core and slice the unpared apples into a large salad bowl.

Add the spinach and bacon. Toss.

In a small bowl, mix the mayonnaise and orange juice concentrate. Serve separately to spoon over the salad.

Per Serving (excluding unknown items): 68 Calories; 3g Fat (42.1% calories from fat); 4g Protein; 6g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 146mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat.