



# Sunshine Spinach Salad

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|---------------|--|
| 1 pound       | Fresh Spinach, washed and torn into bite-size pieces |
| 1, 11 oz. can | Mandarin oranges, rinsed & drained                   |
| 1, 6 oz. can  | Pineapple chunks, drained                            |
|               | Kiwi Fruit, sliced                                   |
| ½ cup         | Strawberries, sliced                                 |

## **Dressing**

- 1 Tbsp. Honey
- 2 Tbsp. Mint-Apple Jelly
- 2 Tbsp. Lemon Juice
- 2 Tbsp. Lime Juice
- ¼ tsp. Lime rind (grated)

Add dressing ingredients and mix well with whisk.  
Add fruit to spinach and toss with dressing. Serve immediately.

**Serving Tip:** Serve with lowfat yogurt or cottage cheese.

**Nutrition Tidbit:** A good source of iron & Vitamin C – Vitamin C enhances the absorption of iron.