



## TLCD Fit Force Recipes

*“We can’t force you to be healthy, but we can give you a push!”*

### Recipe:

Spinach + Green Apple Salad

### Ingredients:

- 2 tablespoons olive oil
- 1 tablespoon cider vinegar
- 1 teaspoon Dijon mustard
- Salt and freshly ground pepper
- 5 ounces baby 🍷 spinach leaves (about 5 cups lightly packed)
- 1 Granny Smith apple



### Directions:

1/3 cup walnut pieces, toasted in a dry skillet over a medium-high flame until fragrant, about 2 minutes

In a small bowl whisk together the oil, vinegar and mustard. Season with salt and pepper to taste.

Toss the spinach with the dressing until evenly coated then divide the spinach among 4 serving plates.

Core the apple and slice it into matchsticks. Sprinkle a quarter of the apple pieces on top of each salad. Follow with the walnut pieces. Serve immediately.

Per Serving:

Calories 155; Total Fat 13 g; (Sat Fat 1.5 g, Mono Fat 6 g, Poly Fat 5.5 g) ; Protein 2 g; Carb 10 g; Fiber 3 g; Cholesterol 0 mg; Sodium 88 mg