



**Nova Scotia  
Apples**  
*Pick An Original*



## Apple and Spinach Salad

### Dressing

- 1/3 cup olive oil
- 2 tbsp wine vinegar
- 1/2 tsp dijon mustard
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup low fat sour cream
- 1/4 cup green onion
- Tabasco sauce

### Salad

- 500 g spinach
- 2 Cortland or other non-browning apples
- 1/3 cup walnuts or pecans toasted
- 1 1/2 cups grated low fat white cheddar cheese

Combine and chill dressing ingredients for 1 - 2 hours. Core , but do not peel the apples. Dice. Combine salad ingredients. Toss with dressing. Serves 6.

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