



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



## Apple Fruited Spinach Salad

- 1/4 cup apple jelly
- 2-3 tbsp red wine (or red raspberry) vinegar
- 8 cups spinach leaves
- 3 medium Cortland apples, sliced
- 1 10oz can mandarin oranges, drained
- 1 large purple onion, sliced

Melt jelly in vinegar. Whisk until smooth. Chill. Combine spinach, fruit and onions. Drizzle with vinaigrette. Toss to mix. Serve.

(Sliced strawberries or blueberries could be added in season.)

*Tip: If the salad will not be served right away, dip apple slices in apple (or orange or lemon) juice to prevent them from browning.*

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