



## Spinach Salad With Raspberry Vinaigrette Dressing

Try this simple spinach salad. The aromatic flavors and texture combinations will excite the taste buds.

**Ages:** 6–18 years  
**Makes:** 6 servings

**Prep time:** 25 minutes  
**Cook time:** 15 minutes

### the INGREDIENTS

- 6 eggs, fresh, large
- 2 Tbsp olive oil, extra virgin
- ¼ cup vinegar, raspberry
- 2 Tbsp honey, pasteurized
- ¼ tsp salt, table
- 6 cups baby spinach, fresh
- 1 ½ cups cranberries, dried
- ¼ cup sunflower seeds, unsalted
- 2 tsp parmesan cheese, grated

### the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover. Let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.
3. While eggs are cooking, prepare an ice bath. Place ice and water in a bowl. Set aside.
4. When eggs are done cooking, carefully remove eggs from water with a slotted spoon. Place eggs in the ice bath for 10 minutes.
5. Peel eggs. Cut into quarters. Set aside.
6. To make salad dressing: In a small bowl, combine oil, vinegar, honey, and salt. Whisk to blend.
7. In a large bowl, combine spinach, cranberries, and sunflower seeds. Add dressing. Toss. If not serving immediately, store salad, eggs, and dressing separately in the refrigerator at 40 °F or lower to prevent salad from wilting.
8. Sprinkle with parmesan cheese.
9. Serve 1 ⅓ cups salad with 4 egg quarters. Serve immediately, or keep cold at 40 °F or lower.

## *the* --- **NUTRITION INFORMATION** ---

1½ cup Spinach Salad With Raspberry Vinaigrette Dressing and 4 egg quarters

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>310</b>

<b>Total Fat</b>	<b>14 g</b>
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Saturated Fat	3 g
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Cholesterol	187 mg
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<b>Sodium</b>	<b>240 mg</b>
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<b>Total Carbohydrate</b>	<b>42 g</b>
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Dietary Fiber	4 g
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Total Sugars	9 g
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Includes Added Sugars	N/A
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<b>Protein</b>	<b>10 g</b>
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Vitamin D	N/A
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Calcium	125 mg
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Iron	4 mg
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Potassium	N/A
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N/A = Data not available

## *the* --- **CACFP CREDITING INFORMATION** ---

½ cup vegetable  
 ½ cup fruit  
 2 oz eq meat alternate

## *the* --- **CHEF TIPS** ---

- **Contains eggs (boiled eggs), milk (parmesan cheese), and seeds (sunflower seeds).** Some sunflower seeds are processed on equipment shared with common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- The ice bath will cool the eggs quickly and make them easier to peel.

*Source:* Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov)