



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Warm Spinach Salad

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Spinach	6 lb OR 10 - 10 oz bags		12 lb OR 20 - 10 oz bags	
Olive oil	2 oz	1/4 cup	4 oz	1/2 cup
Apples, red delicious		12 each		24 each
Red onion, sliced		4 each		8 each
Balsamic vinegar	8 oz	1 cup	16 oz	2 cup
Olive oil		1 cup		2 cup
Almonds, sliced or slivered, toasted		1 cup		2 cup

Directions

1. Wash and de-vein spinach, removing all stems. Air dry the spinach or put into salad spinner until dry.
2. Heat the olive oil in a large sauté pan or tilt skillet.
3. Halve apples lengthwise and cut into quarters. Remove cores. Slice into long, thin slices.
4. Skin and slice the onion in half. Slice into thin strips or Julienne.
5. Add apples and onions to hot olive oil and saute until slightly wilted and red onion begins to bleed.
6. Deglaze pan with Balsamic vinegar and remove from heat. Add remainder of olive oil and toss hot onion/apple mixture into washed, dry spinach and toss well.
7. Serve immediately with a garnish of toasted almonds. Serve 1 cup salad per person.

My Notes

Source: Atlantic Culinary Academy

Nutrition Information

Nutrients	Amount	Meal Components
Calories	112	Fruits 1 cup
Total Fat	5 g	Vegetables 1 cup
Saturated Fat	1 g	
Cholesterol	N/A	
Sodium	44 mg	
Total Carbohydrate	12 g	
Dietary Fiber	3 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	2 g	
Vitamin D	N/A	
Calcium	66 mg	
Iron	2 mg	
Potassium	N/A	

N/A - data is not available

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)