



Be Heart Smart *

'Move More' Tip of the Day

Play some music that inspires you to get up and move, we call these dance parties at my house!

Cranberry Apple Spinach Salad

Servings 4 | Prep time 20 mins. | Total time 20 mins.

Ingredients

- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 clove garlic, minced
- To taste, salt
- To taste, pepper
- 5 cups spinach, fresh
- 2 apples, sliced
- 1/4 C reduced sugar dried cranberries
- 4 oz. feta cheese, crumbled, optional
- 1/4 C walnuts, roasted and chopped, optional

Instructions

Make the dressing by combine olive oil, balsamic vinegar, garlic, salt, and pepper in a bowl and whisking together. Top with cranberries, plus cheese and/or walnuts (if using). Serve and enjoy!

Nutritional Information

Calories 280	Total Fat 18g	Sodium 160mg	Total Carbs 26g	Protein 8g
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Nutrition Tip: Focus on eating whole fruits! Whole fruits have no added sugar and provide us with lots of fiber. Adding fruit to salads is a great way to make sure you are eating enough fruits. Adding fresh or dried fruit to a salad not only makes it taste great but also adds even more nutrients to an already healthy meal.

Find more delicious recipes!

- Celebrate Your Plate - <https://celebrateyourplate.org>
- American Heart Association - <https://www.heart.org>
- Common Threads - <https://www.commonthreads.org>



* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



THE OHIO STATE UNIVERSITY
EXTENSION

OSU Extension Office - - Washington County
1115 Gilman Avenue, Marietta, OH 45750
740-376-7431

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