

Raspberry Spinach Salad

Brought to you by Holly Clegg and *Eating Well Through Cancer*

This salad is truly outstanding. Toss with toasted pine nuts for that extra special touch. For a change, use a variety of lettuce instead of spinach.

Makes 8 Servings

3 tablespoons raspberry vinegar
3 tablespoons seedless raspberry jam
¼ cup canola oil
8 cups fresh spinach, rinsed, stemmed, and torn into pieces
1 cup fresh raspberries or sliced strawberries
3 kiwis, peeled and sliced

Combine vinegar and jam in a food processor or blender. With processor running, add oil in a thin stream, blending well. In a large bowl, carefully toss spinach, raspberries, and kiwis with dressing. Serve immediately.

Nutritional information per serving:

Calories 115, Protein (g) 1, Carbohydrate (g) 13, Fat (g) 7, Cal. From fat (%) 53, Saturated Fat (g) 1, Dietary Fiber (g) 3, Cholesterol (mg)), Sodium (mg) 26, Diabetic Exchanges: 0.5 fruit, 0.5 other carb., 1.5 fat