

Spinach Salad with Maple Yogurt Dressing

Ingredients:

4 ounces thick non-fat Greek Yogurt (Fage works best)

2 T maple syrup

2 T mild white vinegar (rice vinegar is great)

1 t. Dijon mustard

1 T. olive oil

Directions:

Whisk everything together. Pour over fresh spinach, diced apple, pecans, blue cheese, dried cranberries, diced chicken.

From: Laurie Sosna

Make Wise Choices - Eat Healthy

Visit us at www.barredwoodsmple.com