

## Spinach & Pear Salad

8 cups fresh spinach (may substitute Romaine Lettuce or Mixed Greens)

1 ½ cups red grapes, halved

1 cup cucumber, sliced

1 large pear, sliced

2 tablespoon green onion, chopped



Honey Lime Yogurt Dressing

½ cup nonfat plain or vanilla yogurt

2 tablespoons honey

1 tablespoon lime or lemon juice

1/8 teaspoon ground mustard

Pepper to taste

Toss all salad ingredients in a large bowl. In a separate bowl, mix the dressing ingredients. Pour dressing over mixture and toss again.

Makes eight servings. Each serving has 110 calories, 5 grams (g) of fat, 3 g of protein , 15 g of carbohydrate, 2 g of fiber and 70 milligrams of sodium.

**ON THE MOVE**

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