



### **Fruit, Cheese and Nut Salad**

- 3 cups spring greens
- 1 small apple or pear, cut into thin slices
- ½ cup grapes, sliced lengthwise
- ⅛ cup crumbled feta cheese
- ¼ cup toasted walnut halves

In a large bowl, toss greens, apples and grapes together. Pour favorite dressing over the fruit and lettuce, and toss again to combine. Top salad with feta crumbles and toasted walnuts. Serve immediately.

Each serving (without dressing) has 180 calories, 12 grams (g) fat, 5 g protein, 19 g carbohydrate, 4 g fiber and 115 milligrams sodium.

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<https://www.ndsu.edu/agriculture/extension/field-fork>