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Prevent and Protect
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SPINACH-GRAPE CHOPPED SALAD

Southern Living - February 2011

Makes 4 servings

- ¼ cup chopped walnuts
- 1 (6-oz) package fresh baby spinach
- 1 cup seedless red grapes
- ¼ cup crumbled reduced-fat feta cheese
- ¼ cup bottled light raspberry-walnut vinaigrette

- Heat chopped walnuts in a small skillet over medium-high heat, stirring constantly, 5 minutes or until toasted and fragrant.
- Coarsely chop spinach and grapes; toss with feta cheese and vinaigrette.
- Sprinkle with walnuts. Serve immediately.