



# GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

## TEFAP SPINACH SALAD WITH APPLES AND EGGS

Makes 4 Servings

### Ingredients

- 4 large eggs
- 2 apples
- 8 cups fresh spinach
- 1 cup dried figs (about 16 figs or one 7-oz pkg)
- 1 cup whole-grain croutons
- 1/2 cup light honey mustard or poppy seed dressing



### Directions

1. Hard boil-eggs\*
2. Prepare other ingredients while eggs are cooking and cooling.
3. Wash, slice, and core apples.
4. Cut apples and dried figs into bite-sized chunks.
5. Wash and drain spinach.
6. To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons. Drizzle with dressing.

\*To learn how to hard boil eggs or to learn more of this recipe, follow this link:

<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/recipes/dried-fruit/dried-figs/spinach-salad-with-apples-eggs.pdf>

## DOUBLE UP YOUR BUCKS

The Geary Community Farmers Market accepts SNAP! Those who qualify for SNAP or Pandemic-EBT may use their card to withdraw money from the EBT machine.

When you use your SNAP benefits, you also qualify for Double Up Food Bucks. You **DOUBLE** your benefits by getting your dollars matched to use at the market (up to \$25). For example, if someone uses \$10 of their SNAP Benefits, they get another \$10 for fruits and vegetables for free! Stop by the Information Tent or our SNAP-Ed Booth to double your benefits.

For more information on the market:

<https://www.livewellgearycounty.org/farmers-market>

## COMING SOON: SNAP BENEFITS ONLINE

U.S. Secretary of Agriculture Sonny Perdue is allowing Kansas to participate in online purchasing for food for Supplemental Nutrition Assistance Program (SNAP) households.

Beginning mid-August, food assistance recipients will have the option to purchase groceries online from Amazon and Walmart using the Kansas Benefits Card. Watch for further announcements from the Department for Children and Families.

Until Kansas has activated online purchasing, USDA recommends using other options that stores may already provide, such as Pay at Pick-up, where SNAP cardholders can shop online and then pay using their EBT card at pick-up. For more information, visit [www.dcf.ks.gov](http://www.dcf.ks.gov)

## SPINACH SALAD NUTRITIONAL INFORMATION

1 Serving

Or

1/4 of Recipe

Calories 360

Total Fat 11 g

Saturated Fat 2 g

Cholesterol 185 mg

Sodium 560 mg

Total Carbohydrate 59 g

Dietary Fiber 10 g

Total Sugars 33 g

Protein 9 g

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