

“Hearty” Spinach Salad

<u>Code</u>
Q, V, GF, RH

Ingredients Needed:

- 2 cups spinach leaves, raw
- 2 Tbsp. low-fat cheese
- ½ red pepper, sliced
- ¼ cucumber, sliced
- 1 Tbsp. almonds, sliced
- 1 tsp. olive oil
- 2 tsp. balsamic vinegar
- Salt and pepper to taste



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	171
Total Fat	11.5 g
Sat Fat	2 g
Sodium	173 mg
Added Sugar	0 g
Fiber	4 g
Vitamin A	55% DV
Vitamin C	125% DV
Vitamin E	33% DV
Vitamin K	330% DV
Potassium	13% DV
Calcium	16% DV
Iron	17% DV

Recipe Directions:

- Take sliced cucumbers and peppers and lay them flat. Gently press a small heart shaped cookiecutter into each. Make as many heart shapes as possible.
- Toss all salad ingredients together.
- Top with salad dressing.