

# **Spinach Salad for Spring and Summer**

From the U.S. Department of Health and Human Services:

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/appetizers.html#3>

## **Ingredients**

- 3 cups baby spinach leaves, well washed and dried
- 1 cup seasonal fresh vegetables or fruits of your choice (such as raw sugar snap peas, strawberry halves, blueberries, or peach slices; *Nutritional info uses strawberries*)
- 3 Tbs. low-fat vinaigrette salad dressing (such as poppy seed or raspberry)
- ½ tsp. fresh cracked black pepper

## **Instructions**

1. Place spinach and seasonal produce into large bowl.
2. Toss with dressing and serve.

*Makes 2 servings*

## **Nutrition information per serving:**

Calories	59
Carbohydrate	10 g
Dietary Fiber	6 g
Total Fat	2 g
Sodium	250 mg

