



Spinach Salad with Victory Garden Vinaigrette

Serves 4

Dressing:

4 tablespoons olive oil
1 tablespoon red wine vinegar
Pinch of sugar
Pinch of salt
¼ teaspoon Dijon mustard
Ground black pepper to taste

Combine all ingredients in a small jar and shake until combined. Pour over salad and toss gently

Nutrition Information

Calories: 121
Total fat: 14g
Saturated fat: 2g
Sodium: 46mg
Fiber: 0g
Protein: 0g

Salad:

1 (12-pz) bag of baby spinach washed
1-2 ripe tomatoes, quartered
2-3 carrots, shredded
¼-1/2 cup purple cabbage chopped
¼ cup walnuts chopped
1 avocado, peeled and cut into small pieces

Place spinach in large salad bowl and top with tomatoes, carrots, and cabbage. Sprinkle with walnuts. Peel and add chopped avocado just before service to avoid browning.

Nutrition Information

Calories: 145
Total fat: 12g
Saturated fat: 1g
Sodium: 30mg
Fiber: 5g
Protein: 3g