



## Simple Spinach Salad

4 Servings • 1 Serving = 1 Cup

### INGREDIENTS

- 3 cups spinach
- $\frac{1}{4}$  red onion, thinly sliced
- $\frac{1}{2}$  cup cherry tomatoes, halved
- $\frac{1}{2}$  cup cucumber, thinly sliced
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{4}$  cup olive oil
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- $\frac{1}{2}$  teaspoon honey
- Salt and pepper, to taste
- $\frac{1}{4}$  cup parmesan cheese, grated

### DIRECTIONS

1. In a large bowl, combine spinach, red onion, tomato, and cucumber.
2. In a mason jar, combine lemon juice, olive oil, garlic, mustard, honey, salt, and pepper. Mix well to combine.
3. Drizzle dressing over the salad and toss to coat evenly.
4. Garnish with parmesan cheese.

### Nutrition Facts

4 servings per container  
**Serving size 1 cup (101g)**

Amount per serving  
**Calories 160**

% Daily Value\*

<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>

**Protein** 2g

Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1mg	6%
Potassium 220mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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