

Spinach Salad

Ingredients

- 2 cups of Spinach leaves, washed and drained
- ½ cup Olive Oil
- ¼ cup Red Wine Vinegar
- 1 tbsp Dijon Mustard
- 1 tsp Honey
- Choice of dried herbs (basil, parsley, etc.)
- Sea salt/pepper to taste

Why It's Good For You

Spinach contains high levels of carotene, vitamin C, calcium and phosphorous.

It is higher in protein than most vegetables and contributes as a meat substitute.

Vinaigrettes are made from very few ingredients including an oil, a vinegar and an emulsifier (an ingredient that blends oil and vinegar together). Vinaigrettes are light and low fat way of enjoying your own salads at home.

What You Do

1. Take ¼ cup vinegar and mix with Dijon mustard, honey, dried herbs and salt.
2. Whisk in a small bowl.
3. While whisking gently pour in the olive oil until the mixture is combined.
4. Drizzle over fresh spinach leaves and enjoy!