

Effortless Spinach Salad

Difficulty level- easy Price- cheap

Prep Time: 5 minutes

Yield: Makes 4 servings

Ingredients

8 ounces fresh spinach

1/2 cup feta or goat cheese, crumbled

1/4 small red onion, thinly sliced

1/2 cup Craisins® Original Dried Cranberries

2 tablespoons toasted sliced almonds, optional

DRESSING:

1/2 cup bottled balsamic vinaigrette salad dressing

2 tablespoons orange juice

1 teaspoon orange zest, optional

Directions

Wash and clean spinach. Tear into bite size pieces and place in a serving bowl. Add half of the feta or goat cheese and onion; toss to combine.

Combine dressing ingredients in a small mixing bowl. Pour over salad and toss to coat. Sprinkle with remaining cheese. Top with dried cranberries and almonds. Serve immediately.

Makes 4 servings.

Nutrition

Per Serving: Cal. 110 (5%DV), Fat Cal. 27, Pro. 4g (7%DV), Carb. 18g (6%DV), Fat 3g (4%DV), Chol. 13mg (4%DV), Sod. 249mg (10%DV), Vit. A 400RE (40%DV), Vit. C 20mg (34%DV), Vit. E 1mg (3%DV), Calcium, 129mg (12%DV), Iron 2mg (9%DV), Folate 119Ug (29%DV), Zinc 1mg (4%DV), Pot. 356mg (10%DV), Dietary Exchange: Vegetable 2, Fruit 0.5, Fat 0.5

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