

Summery Spinach Salad

Submitted by Cindy Best

(Serves 4)

Ingredients: 1/3 cup pine nuts or slivered almonds
8 cups (6 Oz. bag) baby spinach
½ small red onion, halved lengthwise and thinly sliced
½ cup drained canned mandarin orange segments, patted dry (save liquid)
¼ cup plain low-fat yogurt
1 teaspoon Dijon mustard
2 tablespoons balsamic vinegar or sherry vinegar
1 pinch salt and 1 pinch pepper

1. To toast the pine nuts (or almonds), you will sprinkle over the salad, heat a small skillet over medium heat for 1-2 minutes.
2. Add the pine nuts (or almonds) to the skillet and stir continuously until they are lightly browned, about 2 minutes.
3. Immediately place the pine nuts (or almonds) on a small plate to cool. Set aside
4. Place the spinach, onion and orange segments in a large salad bowl.
5. In a small bowl, add the yogurt, Dijon mustard, vinegar, salt and pepper.
6. Using a whisk, thoroughly blend the ingredients to create the salad dressing. If you want it a little thinner, add some of the liquid from the mandarin oranges.
7. Just prior to serving, pour the dressing over the salad and toss gently with salad tongs.
8. Sprinkle the pine nuts (or almonds) over the salad and serve.

Calories: 119, Calories from fat: 72
Total fat: 8g, Total Carbs: 9g, Protein: 4g