

Strawberry Spinach Salad

INGREDIENTS:

¼ C.	Red onion, chopped
2 (6 oz)	Bags of pre-washed baby spinach
1 (16 oz)	Fresh strawberries, washed and halved
½ C	Almonds, sliced and toasted
	Red wine vinaigrette
	Fresh ground pepper (to taste)

DIRECTIONS:

Toss together onion, spinach, strawberries, and almonds in a large bowl. Drizzle with red wine vinaigrette and add fresh pepper as desired. Divide into 4 equal portions and serve.

Makes 4 servings

Calories per serving: 148

NUTRITIONAL INFORMATION PER SERVING:

6 g protein
22 g carbohydrates
7 g fat
8 g fiber
136 mg sodium
0 mg cholesterol

Subtract 1 lean protein, 1 fruit and 1 fat from your Cinch meal plan.

