



# SPINACH SALAD

**Total Prep Time: 15 minutes**

## Ingredients:

- 6 cups organic washed baby spinach
- 2 cups organic torn-up red / green leaf lettuce
- 1/2 cup shredded carrot
- 2-3 tomatoes
- A handful of parsley and dill
- 6 Tbsp (1 oz) toasted unsalted sunflower seeds and pumpkin seeds
- low fat dressing



*You can also add other vegetables: shredded red cabbage, green garlic, radish etc.*

## Preparation:

1. Wash and drain the salad, the parsley and the dill and break it into smaller pieces using your hands.
2. Place salad greens in a bowl twice the size needed to hold the salad (this will make tossing it easier).
3. Peel and roughly grate the carrots.
4. Dice the tomatoes.



5. Toast the seeds in a small fry pan on medium low heat, stirring occasionally, until golden brown OR toast in the oven for 10 minutes at 325 degrees F.

6. Add the shredded carrot, parsley, dill and to the greens, and toss lightly.
7. Serve with toasted seeds and low fat dressing on the side, to add at the table.



*Fresh & colorful, crisp & crunchy, perfect in springtime!*

# Enjoy!