



SPJNACH 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

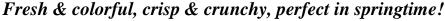
You can also add other vegetables: shredded red cabbage, green garlic, radish etc.

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.









Enjoy!