



Spinach Salad (Served cold)



Serving
6



Prep
20 Minutes



Contributer
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Salad Ingredients

- 1 Washed and dried bag of spinach (6 cups/ 1500 mL)
- 1 Segmented pink grapefruit (you can substitute with canned mandarins)
- 1 can Drained chick peas, low sodium (540 mL)
- 1 Thinly sliced zucchini
- Pine nuts

Lime dressing Ingredients

- 1/3 cup Olive oil
- 2 tbsp Lime juice
- ½ tsp Salt
- ½ tsp Pepper
- ½ tsp Sugar

1. Combine all salad ingredients in a large bowl.
 2. Whisk together salad dressing in a small bowl.
 3. Just before serving mix dressing into salad and serve.
- Garnish with pine nuts.

DIETITIAN'S MESSAGE

Spinach is a nutrient dense food and this recipe makes spinach tasty and colorful with the pink grapefruit and mandarins. Bonus is the added fibre from the chickpeas and zucchini.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

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