

## Spinach Salad (Served cold)







## **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.



