

Simple Wilted Spinach Salad

Serves 4

Ingredients:

¼ cup olive oil

¼ cup balsamic vinegar

1 clove garlic

1 teaspoon Italian seasoning

1 pkg (6 ounces) fresh baby spinach

½ cup grape tomatoes, sliced lengthwise

1 carrot, shredded

Directions:

1. In a small bowl, whisk oil, vinegar, garlic, and Italian seasoning; set aside.
2. Divide spinach among 4 plates, top with a few tomatoes and shredded carrots. Drizzle with vinaigrette.

Nutrition Facts	
Amount Per Serving	
Calories 152	Calories from Fat 124
% Daily Value	
Total Fat 14g	22%
Saturated Fat 1.9g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 9.9g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Potassium 333mg	10%
Total Carbohydrates 6.3g	2%
Dietary Fiber 1.6g	6%
Sugars 3.5g	
Protein 1.6g	
Vitamin A	123%
Vitamin C	25%
Calcium	4.4%
Iron	8.7%

* Percent Daily Values are based on a 2000 calorie diet.