

FRESH SPINACH SALAD



INGREDIENTS

6 1/4 qt	Baby spinach
1 1/2 cup	Carrots (grated)
50 ea	Cucumber slices (skinless)
25 ea	Tomato wedges

INSTRUCTIONS

In a large bowl, toss all ingredients to combine OR evenly distribute the cucumber, tomato and carrot on top of individual portions of spinach.

NUTRITION

Calories:	20
Sodium:	45 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	0%



This salad is delicious with a wide variety of dressings!

*Number of Servings: 25 (76 g per serving)
Recipe courtesy of Stephens Memorial Hospital*