

SALADS

Lemony strawberry spinach salad

1 10 oz. bag of spinach, trimmed and torn
2 cups fresh strawberries, sliced
½ cup thinly sliced red onion
1/3 cup fresh lemon juice
3 TBS sugar
1 TBS vegetable oil
2 tsp grated lemon rind
Freshly ground black pepper

Combine first three ingredients in a large bowl;

Combine lemon juice, sugar, veg. oil and lemon rind together; whisk until blended. Pour over spinach mix and toss. Sprinkle with pepper.

Serves 6; serving size 2 cups = 1 point per serving

Calories 75
Fat 2.6 grams
Protein 1.8 g
Carbohydrate 12.9 g

Fiber 3.1 grams
Cholesterol 0 mg
Sodium 38 mg

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