



Simple Spinach Salad

Ingredients

For the salad:

Baby spinach/regular spinach
Nuts/seeds (pumpkin seeds, sunflower seeds,
sliced almonds)
Cheese (parmesan, feta, goat cheese)

For the dressing:

3 parts olive oil to 1 part lemon juice, salt and
pepper to taste

Equipment:

Colander or salad spinner
Small bowl
Whisk
Measuring spoons
Mixing spoon
Fork
Large salad bowl

Directions

1. Wash spinach in salad spinner or colander under cool running water. Dry in salad spinner or shake excess water.
2. Combine salad ingredients in a bowl.
3. Mix dressing ingredients in a small bowl or jar and whisk with a fork to combine.
4. Add dressing to salad and coat.