

POWER SALAD

INGREDIENTS

6 CUPS BABY SPINACH OR MIXED SALAD GREENS
2 TBSP SLICED ALMONDS
2 TBSP CUP DRY-ROASTED, UNSALTED PUMPKIN SEEDS
¼ CUP DRIED FIGS
1 SMALL APPLE, SLICED
3 TBSP CRUMBLLED GOAT CHEESE
3.5 OZ REDUCED-SODIUM DELI TURKEY BREAST, SLICED
INTO STRIPS

DRESSING

3 TBSP BALSAMIC VINEGAR
2 TSP OLIVE OIL

DIRECTIONS

1. PLASE ALL SALAD INGREDIENTS INTO A MEDIUM SERVING BOWL, OR TWO INDIVIDUAL BOWLS.
2. IN A SMALL BOWL, WHISK TOGETHER THE VINEGAR AND OIL. POUR OVER SALAD(S) AND TOSS TO COAT.

