

SPINACH AND STRAWBERRY SALAD

WITH ORANGE POPPY SEED DRESSING



NUTRIENTS PER SERVING:

dressing

CALORIES: 57

FAT: 1 g

CARB: 10 g

PROTEIN: 2 g

salad

CALORIES: 100

FAT: 1 g

CARB: 19 g

PROTEIN: 4 g

Serves 6

INGREDIENTS:

dressing

- ½ cup nonfat plain yogurt
- ¼ cup orange juice concentrate, thawed
- 2 tbsp poppy seeds
- 1 tbsp honey (optional)

salad

- 3½ cups baby spinach leaves
- 4 large strawberries, quartered
- 2 tbsp Orange Poppy Seed Dressing

INSTRUCTIONS:

For dressing: Whisk yogurt, orange juice, poppy seeds and honey together in a small bowl.

For salad: Place spinach leaves in a bowl. Top with strawberries and toss with dressing and serve.