

Spinach Salad *Makes 1 serving*

2 cups spinach leaves
1 egg, hard cooked
1/4 cup mushrooms, fresh
1/2 cup tomato, fresh

1/4 cup onion, fresh
1/4 cup orange slices
2 Tablespoons reduced calorie salad dressing

1. Thoroughly wash spinach and place in a colander to dry. Shake excess water from spinach and dry with paper towels if necessary.
 2. Remove stems from spinach and break into bite sized pieces.
 3. Wash and chop remaining vegetables. Peel and chop egg.
 4. In a bowl, combine vegetables, egg, and orange slices with spinach leaves.
 5. Keep refrigerated until ready to serve.
 6. Drizzle with dressing before serving.
-