

Spring Spinach Salad



NUTRITION CONSULTING INC.

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Makes 6 Servings

This recipe is high in iron and folate

What You Need

6 cups baby spinach leaves
½ cup chopped walnuts
2 pears
¼ cup crumbled blue cheese
2 tsp vanilla
2 tsp sugar (optional)
¼ cup water

Per Serving

Calories 123
Carbohydrates 12.9 g
Protein 5.3 g
Fat 6.4 g
Dietary Fiber 3.4 g

How You Prepare

Peel the skin off the pears and cut into ¼ inch slices. Heat saucepan to a medium heat. Place the sliced pears in the pan and add vanilla, water and sugar. While pears are cooking, place spinach leaves in a large bowl. Sprinkle the walnuts and blue cheese over the spinach. When pears are soft (approximately 3-5 minutes), place them on top of the spinach. Serve immediately.

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