

Spinach Salad

4 servings

Ingredients:

Dressing:

2 Tablespoons olive oil
1 Tablespoon cider vinegar
1 Tablespoon chopped fresh parsley
1 teaspoon lemon juice
2 packages artificial sweetener

Salad:

2 cups cooked bowtie or rotini noodles
2 cups torn raw spinach
3/4 cup sliced celery
1/4 cup sliced green onions
1 medium tomato or 1 cup cherry tomatoes
1 cup seedless grapes
1/2 cup raw snow peas
1/2 pound cooked shrimp or 8 ounces grilled chicken breast

Directions:

Cook noodles according to package directions, but do not add salt to water.
Drain, rinse and cool.
Place all dressing ingredients in pint jar, close with lid and shake well
Place torn fresh spinach in large salad bowl. Chop celery and green onions.
Slice fresh tomato into small wedges or cut cherry tomatoes into halves.
Wash grapes and snow peas and add all to salad bowl.
If using fresh or frozen shrimp, remove peels and veins. If using chicken,
cut into bite-size pieces using separate cutting board. Add to salad bowl.
Place drained and cooled pasta in salad bowl. Shake dressing well and pour
over salad. Toss with salad tongs or 2 large spoons.

Nutrition Information per serving:

Calories: 276 calories	Sodium: 85 mg
Carbohydrate: 32 g	Protein: 18 g
Fat: 8.5 g	Fiber: 3g