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Loaded Spinach Salad

1 Serving

Directions

1. In a salad bowl, layer the first five ingredients for the salad.
2. Top with creamy, low-fat ranch dressing, or your dressing of choice, before serving.

Nutritional Information

Calories: 178
Protein: 7.4 g
Fat: 7 g
Carbohydrate: 23 g
Fiber: 10 g
Sodium: 172 mg

Ingredients

- 1-2 cups spinach leaves
- ¼ chopped egg
- ¼ cup pickled beets
- ¼ cup carrot slices
- ¼ cup purple onion slices