



From the Kitchen of: Bernice Borow LLC

Spinach Salad w/Balsamic Dressing

Serves 4-1 cup salad w/ 1 ¼ Tbsp(approx 3 tsp)dressing

4 cups baby spinach leaves, cleaned or from package

1 medium red onion, halved and sliced thin

1 Granny Smith apple, halved and sliced thin

3 Tbsp Gorgonzola cheese

Dressing: 3 Tbsp balsamic vinegar, 1 ½ Tbsp olive oil, 2 tsp lemon juice, ½ tsp Dijon mustard

In a salad bowl, combine spinach, red onion and apple

Whisk together dressing and pour over the salad , toss well

Garnish salad w/cheese

107 calories, 6g total fat, 1.4 g sat fat, 3 mg cholesterol, 100 mg sodium,
12 g carbohydrate, 2g dietary fiber, 7g sugar, 2 g protein