



From the Kitchen of: Bernice Borow LLC

### Spinach Salad w/Balsamic Dressing

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

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4 cups baby spinach leaves, cleaned or from package

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1 medium red onion, halved and sliced thin

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1 Granny Smith apple, halved and sliced thin

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3 Tbsp Gorgonzola cheese

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

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

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Whisk together dressing and pour over the salad , toss well

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Garnish salad w/cheese

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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

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