

Spinach Salad



10 min.



2 servings



PER SERVING
116 CAL
FAT: 7.5g
CARB: 11g
PROTEIN: 5.3g

INGREDIENTS

- 10 cups Spinach
- 4 large Scallions
- Juice of 1 Lemon
- 1 tbsp Olive Oil
- 2 dashes Pepper

DIRECTIONS

1. Wash spinach well, drain, and chop. Squeeze out excess water. Chop green onions.
2. Put spinach in a mixing bowl and add the scallions/green onions, oil, pepper, and the juice from 1 squeezed lemon. Toss and serve.



EAT THIS MUCH