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Spinach Salad for Two

Ingredients:

2 cups fresh baby spinach

1 hard boiled egg

1 cup cooked broccoli

1 cooked chicken tender

¼ cup cheese crumbles

4 strawberries, sliced

2 slices rye bread, cubed

Italian dressing

Directions:

Tear the spinach leaves into several pieces each. Slice the hardboiled egg and layer over the spinach. Add the cooked, chopped broccoli and chicken. Sprinkle the cheese and strawberry slices over the salad. Top with bread cubes and dressing. Serve.

Make it a Meal: Double the serving size to make this a dinner salad, or serve alongside a club sandwich for a full meal.

Approximate Nutritional Information: Servings Per Recipe: 2, Amount Per Serving: Calories: 290, Total Fat: 11g, Cholesterol: 127mg, Sodium: 420mg, Total Carbs: 28g, Protein: 16g.

Note: this does not include dressing, as dressings vary by brand and variety.

Variations: Check out the leftovers in your refrigerator. Add those to the top of this salad for more variety. Replace the bread cubes with croutons. Exchange the Italian dressing for Raspberry vinaigrette. Thanks for cooking with www.ApronFreeCooking.com, Join us in the kitchen anytime!