

Welcome2Nutrition

Spinach Salad

4 servings

Ingredients

- 1 pound spinach leaves
- 6 oz alfalfa sprouts
- 2 carrots, grated
- grape tomatoes
- crumbled goat cheese (1 oz)

Preparation

1. On a bed of spinach leaves, place some sprouts, carrots and tomatoes.
2. Add oil and vinegar if desired.