

Spinach salad

submitted by debjanewest



Per serving: 175 Calories • 10.8g Carbs (4.7g Fiber) • 14.2g Fat • 5.3g Protein

Ingredients

Ingredients scaled to: 2 serving

- 10 cup **Spinach** (300 grams)
- 4 large **Scallions** (100 grams)
- 1 lemon yields **Lemon juice** (47 grams)
- 2 tbsp **Olive oil** (27 grams)
- 2 dash **Pepper** (0.20 grams)

Directions

Directions are based on the original recipe of 2 servings

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.