

# Spinach and Soybean Salad with Ginger Dressing

## Ingredients:

10 oz. spinach  
 1/2 cup fresh green soybeans  
 1 teaspoon sesame seeds  
 1 teaspoon fresh chili (optional)

## For the dressing:

1 teaspoon ginger, minced  
 1 teaspoon light soy sauce  
 2 teaspoons rice wine vinegar  
 1 teaspoon sesame oil  
 1/2 teaspoon honey

## Directions:

1. Combine minced ginger, soy sauce, vinegar sesame oil, and honey in a small bowl. Set aside.
2. Bring a pot of water to a boil. Add spinach and cook 1 – 2 minutes (stem should still be a bit crunchy). Take it out then cool under running water. Squeeze out the remaining water with your hands and roughly chop into bite size.
3. Add fresh green soybeans into the same pot of boiling water. Cook for 2 minutes. Rinse under water and drain well.
4. Mix spinach, soybeans, and the dressing in a salad bowl. Before serving, sprinkle with sesame seeds and fresh chili (if using).

<b>Nutrition Facts</b>	
Serving Size 2 (220g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 2g	
<b>Protein</b> 12g	
Vitamin A 120%	Vitamin C 70%
Calcium 25%	Iron 40%
*Percent Daily Values are based on a diet of 2,000 calorie. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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