California Spinach Salad

Ingredients:

8 cups fresh spinach leaves
2 avocados
1/2 cup alfalfa sprouts or beans sprouts

For the dressing:
1/4 cup plain nonfat Greek yogurt
1 medium lime, juiced
1/4 cup chopped chipotle peppers in Adobe sauce
1 tablespoon fresh flat-leaf parsley, chopped
1 tablespoon extra-virgin olive oil
1/4 teaspoon pepper

Nutrition Facts

Serving Size 4 (287g)
Servings Per Container 4

Amount Per Serving	
Calories 210	Calories from Fat 140
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 9g	**36%**
Sugars 2g	
Protein 7g	

Vitamin A 150% • Vitamin C 150%
Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. 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

Directions:

1. Pile on desired amount of spinach leaves in a salad bowl or plate.
2. Slice avocado and bell pepper; add to salad.
3. Sprinkle a handful of alfalfa sprouts or bean sprouts on top.
4. Make dressing.
5. Drizzle over the salad and toss to combine.
6. Serve and enjoy.

For more information, please contact:
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