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).

Nutrition Facts

Serving Size 2 (220g)
Servings Per Container

Amount Per Serving

Calories 170	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 6g	**24%**
Sugars 2g	
Protein 12g	

Vitamin A 120% • Vitamin C 70%
Calcium 25% • Iron 40%

*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

For more information, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: redhousespice.com