Mexican Spinach Salad

Ingredients:

- 1 teaspoon honey
- 1 tablespoon fresh lime juice
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon kosher salt
- 1 tablespoon olive oil
- 3 tablespoon raw pumpkin seeds
- 1 poblano chile pepper
- 6 cups baby spinach
- 3 tablespoon finely crumbled feta cheese
- 1/2 cup baked corn chips

Directions:

1. For dressing, in a small bowl, whisk honey, lime juice, vinegar, and salt until it dissolves. Whisk in oil. Set dressing aside for up to 1 hour, remixing before using.
2. Set small, heavy skillet over medium-high heat for 1 minute. Add pumpkin seeds to dry pan. In a circular motion, move skillet over heat to keep seeds moving so they do not burn. When many seeds are golden and some have popped, about 2 minutes, spread them over the dinner plate to cool.
3. Use tongs to hold pepper over open flame and turn it until skin is charred all over, about 4 minutes.
4. When pepper is cool enough to handle, with your fingers, slip off charred skin. Halve pepper lengthwise, and use small knife to remove seeds and ribs. Chop half the pepper; set other half aside for another use.
5. Place spinach in a large bowl. Add chopped poblano. Just before serving, pour on dressing and toss to coat spinach and pepper. Sprinkle on toasted pumpkin seeds and feta. Lightly crush corn chips over salad. Toss, and divide salad among 4 individual salad bowls.

Nutrition Facts

Serving Size 4 (71g)
Servings Per Container 4

Amount Per Serving

Calories 110	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 260mg	**11%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 4g	

Vitamin A 25% • Vitamin C 25%

Calcium 6% • Iron 10%

*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

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