

spinach salad with mushrooms and blue cheese

SERVES 4

PREP TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

3 tablespoons
red-wine vinegar

1 tablespoon olive oil

coarse salt
and ground pepper

5 ounces baby spinach
(about 5 cups)

8 ounces white button
mushrooms, stems
trimmed, thinly sliced

1 small red onion,
thinly sliced

½ red bell pepper, ribs and
seeds removed, diced

2 ounces crumbled blue
cheese (scant ½ cup)

1 In a large bowl, whisk together vinegar and oil; season with salt and pepper.

2 Add spinach, mushrooms, onion, bell pepper, and blue cheese to bowl; toss to coat with dressing. Serve immediately.

□ * per serving: 119 calories; 7.6 grams fat; 5.2 grams protein; 8.8 grams carbohydrates; 2.4 grams fiber