



Spinach Salad with Eggs

Prep: 20 minutes | Cook: 10 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

6 cups fresh spinach
3 large eggs
1/3 cup dried cranberries
1/2 cup Parmesan cheese, grated
1/4 cup canola oil
1 Tablespoon vinegar (any type)
1 Tablespoon honey
1/4 teaspoon salt

Directions

1. Wash and dry spinach. Removed stems. Tear leaves into bite sized pieces.
2. In a medium pot, add eggs. Cover with cold water by one inch. Bring just to a boil. Cover and remove from heat right away. Let sit 15 minutes. Remove eggs. Plunge into cold water to help cool. This will make it easier to peel shells.
3. Peel and slice eggs. Chop slices.
4. In a large bowl, add spinach, eggs, and dried cranberries. Sprinkle cheese on top.
5. In a jar, add oil, vinegar, honey, and salt. Cover tightly with lid. Shake well.
6. Just before serving, drizzle dressing over salad. Toss to coat spinach leaves.

Recipe Notes

- Add walnuts, pecans, or other nuts or seeds for extra crunch and protein.
- To save time, make eggs in advance..
- Make extra eggs if you like. Use them for breakfast, snack, or to make egg salad.

Nutrition Facts Per Serving: Calories: 190 | Total Fat: 14 g | Saturated Fat: 2.5 g
Sodium: 270 mg | Total Carbohydrate: 13 g | Dietary Fiber: 1g | Protein: 6 g

Adapted from Cooking Matters

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