

Almond Spinach Salad



Ingredients:

- 1/2 cup olive oil
- 2 teaspoons red wine vinegar
- 1/2 teaspoon pepper
- 1 teaspoon salt
- 1 tablespoon lemon juice
- 1 pound spinach
- 1/3 cup toasted almonds
- 1 medium red onion, thinly sliced
- 1 can mandarin oranges, drained

Instructions:

1. Mix olive oil, vinegar, salt, pepper, and lemon juice in a jar. Cover and shake to mix.
2. Toss spinach, onions, oranges and almonds in a bowl.
3. Pour olive oil mixture over spinach and toss.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>