

Mediterranean Spinach Salad with Balsamic Vinaigrette



This makes a great side salad but can easily be served as an entrée or with your favorite chicken recipe. The chickpeas and feta add protein and fiber, which promote satiety!

YIELD 12 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

For the Vinaigrette:

½ cup	Extra Virgin Olive Oil
¼ cup	Balsamic Vinegar
1 Tbsp	Dijon Mustard
1 Tbsp	Honey
1 tsp	Garlic Powder
½ tsp	Thyme
½ tsp	Oregano
½ tsp	Kosher Salt
To Taste	Black Pepper, ground

For the Salad:

¾ cup	Walnuts
8 cups	Spinach, roughly chopped
1 (15oz) can	Chickpeas, canned, low sodium, drained and rinsed
½ cup	Artichoke Hearts, drained, chopped
⅓ cup	Sun Dried Tomatoes, julienned
¼ cup	Feta Cheese, crumbled

CHEF'S NOTES

Cutting the spinach into ribbons allows it to mix easily with the remaining ingredients. This method gives you a little bit of everything in each bite!

You can substitute black or cannellini beans for a softer texture. For extra crunch, roast your chickpeas at 400°F for 20-25 minutes and let cool before topping the salad.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.

For the Vinaigrette:

2. In a small container with a lid (such as a jar), combine all ingredients for dressing. Shake well to combine. Set aside until ready to use

For the Salad:

1. To toast the walnuts: heat a small skillet over medium-high heat and add the walnuts. Stir occasionally until fragrant and brown, about 2-3 minutes. Pay close attention as they can go from golden brown to burnt very quickly. Remove from heat, transfer to a small bowl, and allow to cool. Coarsely chop the nuts once they are cool enough to handle.

- Combine the remaining salad ingredients in a medium sized bowl. Right before serving, using a pair of tongs, toss the salad with about half of the prepared vinaigrette.
- Refrigerate extra dressing for up to one week. Shake well before use.

Nutrition Facts	
8 servings per container	
Serving size 1 1/2 cups dressed salad (148g)	
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol <5mg	1%
Sodium 270mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.1mg	15%
Potassium 490mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK, WALNUT

