

# Mediterranean Spinach Salad with Balsamic Vinaigrette



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

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	15 MIN	15 MIN

## 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, cut into ½" ribbons
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 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, 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	
<b>Serving Size</b>	<b>1 1/2 cups dressed salad (141 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
% Daily Value *	
<b>Total Fat 14g</b>	<b>18%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 320mg</b>	<b>14%</b>
<b>Total Carbohydrate 24g</b>	<b>9%</b>
Dietary Fiber 3g	12%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	<b>13%</b>
Vitamin D 0mcg	0%
Calcium 120mg	9%
Iron 3mg	18%
Potassium 800mg	17%
*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.	

