Spinach Salad

Ingredients

Dressing
2 Tablespoons olive oil
1 teaspoon lemon juice
2 Tablespoons cider vinegar
2 packages artificial sweetener
2 Tablespoons chopped fresh parsley

Salad
2 cups cooked bowtie or rotini noodles
1 medium tomato or 1 cup cherry tomatoes
2 cups torn raw spinach
1 cup seedless grapes
1/4 cup sliced celery
1/2 cup raw snow peas
1/4 cup sliced green onions
1/2 pound cooked shrimp or 8 ounces grilled chicken breast

Instructions

1. Cook noodles according to package directions, but do not add salt to water.
2. Drain, rinse, and cool.

Serving Size: 1/4 Recipe
Yield: 4 servings
3. Place all dressing ingredients in pint jar, close with lid, and shake well.
4. Place torn fresh spinach in large salad bowl.
5. Chop celery and green onions.
6. Slice fresh tomato into small wedges or cut cherry tomatoes into halves.
7. Wash grapes and snow peas and add all to salad bowl.
8. If using fresh or frozen shrimp, remove peels and veins. If using chicken, cut into bite-size pieces using separate cutting board.
9. Add to salad bowl.
10. Place drained and cooked pasta in salad bowl. Shake dressing well and pour over salad.
11. Toss with salad tongs or 2 large spoons.

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