



Crunchy Spinach and Mandarin Salad

Ingredients

4 cups spinach, washed and torn into pieces
3 ounces mandarin oranges
¼ cup fat-free poppy seed dressing
1 tablespoon walnuts, chopped
¼ cup jicama, peeled and shredded

Serves 2

Preparation

Put spinach in a serving bowl, add remaining ingredients and mix.

Nutrition information per serving: Calories 74, Total Fat 2.5 g, Saturated fat 0 g, Sodium 390 mg, Carbohydrate 11.0 g, Fiber 2.6 g, Protein 3.0 g