

Warm Spinach Salad

Ingredients:

- 1 bag (7 oz) baby spinach greens
- ¼ cup white vinegar
- ¼ cup water
- ¼ cup Dijon mustard
- 3 Tbsp Splenda
- 5 Slices turkey bacon
- ¼ cup red onion, chopped
- 2 cloves garlic, peeled and minced

Directions:

1. Place spinach greens in a large mixing bowl. Set aside.
2. Blend together vinegar, water, mustard, and Splenda in a small mixing bowl. Set aside.
3. Finely slice bacon into small strips. Place in a medium saucepan and fry over medium-high heat until crispy (approximately 3-4 minutes).
4. Add onion and garlic and cook over medium-high heat 1-2 minutes.
5. Add vinegar mixture and simmer 1-2 minutes.
6. Pour over spinach and toss well. Serve immediately.

For Our Program:

Nutrition Information:

Serving Size = 1 cup

Carbohydrates per serving = 4.5g