



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

SPINACH WITH GARLIC VINAIGRETTE

Cooking Light

Makes 4 servings – Serving Size 1 ¾ cups)

- 1 ½ tablespoons extra-virgin olive oil
- 1 tablespoon white wine vinegar
- ½ teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 2 garlic cloves, minced
- 6 cups baby spinach leaves (about 6 ounces)
- ¼ cup vertically sliced red onion

Combine the first 6 ingredients in a large bowl, stirring well with a whisk.
Add 6 cups spinach and red onion; toss to coat.

CALORIES 66; FAT 5.1g (sat 0.7g, mono 3.7g; poly 0.5g); PROTEIN 11g; CARB 5.2g;
FIBER 19g; CHOL 0mg; IRON 1.3mg; SODIUM 147mg; CALC 31mg

VARIATIONS

Spinach-Pasta Salad

Yield: 4 servings

Cook ½ cup mini farfalle according to package directions. Drain.

Rinse with cold water; drain.

- Add:
- garlic vinaigrette
 - 3 cups baby spinach
 - ¼ cup chopped red onion

CALORIES 106; FAT 5.4G (0.8g); SODIUM 108mg

Wilted Spinach

Yield: 4 servings

Increase garlic to 3 thinly sliced cloves. Heat vinaigrette in a large skillet over medium high heat.

Add onion and garlic, sauté 2 minutes. Gradually add 1 (9-ounce) package fresh spinach; toss until wilted.

CALORIES 78; FAT 5.1g (sat 0.7g); SODIUM 191mg

Spinach Baked Potato

Yield: 4 servings

Microwave 4 (6-ounce) Yukon gold potatoes 13 minutes or until tender. Prepare wilted spinach; divide spinach among potatoes.

Top each with 1 ½ tablespoons crumbled feta cheese.

CALORIES 255; FAT 8.1g (sat 2.8g); SODIUM 358mg