

Wilted Spinach Salad

Ingredients:

- 3-4 cups baby spinach
- 1 small red bell pepper, sliced into thin strips
- ¼ cup peas or edamame
- 1 tbsp. lemon, juiced
- 1 tbsp. tahini
- 1 tbsp. maple syrup or another liquid sweetener

Directions:

1. Place the spinach, lemon juice, tahini and sweetener into a bowl and gently massage with fingertips until the spinach wilts.
2. Add the bell pepper and peas or edamame and toss to combine.
3. Serve immediately.

Tip: Other seed or nut butters can be used instead of tahini to vary the flavor. Substitute the spinach with baby kale or salad mix if desired.

Servings: 1

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