

# C's Baby Spinach Salad

Recipe by C-  
-per 2 unit serving-

## Ingredients:

- 2 1/2 cups baby spinach leaves
- 3 chopped cherry tomatoes
- One chopped hardboiled egg white
- 1/3 cup chopped purple onion (optional)
- 1 Tbsp. Hormel Premium Crumbled Bacon
- 1/2 oz. shredded Extra Sharp cheddar cheese
- 4 big croutons (OR 1 plain rice cake broken up)

Use the Dijon Dressing from your AMS recipes provided to you in Week  
#1  
for 2 units of fat per serving