

PEACHY SPINACH SALAD WITH HONEY BALSAMIC DRESSING

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium

Serves: 3

Nutrition (per serving)

Calories: 336

Total Fat: 28 g

Saturated Fat: 4 g

Sodium: 373 mg

Total Carbohydrate: 14 g

Dietary Fiber: 3 g

Protein: 9 g



Ingredients

Dressing

- 1 clove garlic, minced
- 1 Tablespoon balsamic vinegar
- 1/4 cup extra-virgin olive oil

Salad

- 9 cups fresh spinach leaves, coarsely chopped
- 3 peaches, diced
- 6 strips turkey bacon, cooked crisp and chopped
- 1 teaspoon Dijon mustard
- 2 teaspoons honey
- 1/2 teaspoon ground black pepper
- 1/3 cup finely chopped red onion
- 1.5 ounces chopped honey roasted almonds



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Directions

1. Place all dressing ingredients in a small bowl and whisk together.
2. Combine all salad ingredients in large bowl, add salad dressing and toss to coat evenly.