

Spinach Salad with Toasted Pepitas

INGREDIENTS:

- 8 oz. package of baby spinach
- 1/4 red onion, thinly sliced
- 1 roma tomato, sliced
- 1/2 cucumber, thinly sliced
- 1/4 cup roasted pepitas (shelled pumpkin seeds)
- 1 Tbsp extra virgin olive oil
- 1 Tbsp lemon juice
- 1/8 tsp. sea salt



Servings: 4

Nutrition Facts	
Serving Size 1/2 cup (134g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	
Vitamin A 70%	Vitamin C 40%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*VEGAN



*GLUTEN-FREE

INSTRUCTIONS:

1. In a large bowl combine all ingredients.
2. Toast pepitas lightly in a skillet and add just before serving