Spinach Salad with Egg

Ingredients

1/2 pound fresh spinach*

- 1 peeled and sliced cucumber*
- 2 large chopped tomatoes*
- 2 sliced hardboiled eggs
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon or lime juice

Preparation

- 1. Place spinach leaves on a platter.
- 2. Add cucumber slices, tomatoes, and egg.
- 3. Drizzle with olive oil and lemon or lime juice.
- 4. Don't toss! Serve as is.

* Enjoy these ingredients during the fall, when they are the freshest!







USDA is an equal opportunity provider and employer.
© 2015 Department of State Health Services. Nutrition Services Section.
All rights reserved. Stock no. 13-06-14458-1 Rev. 3/15

