

Spinach Black Bean Salad

Makes: 3 servings

Ingredients

- 2 tablespoons** vinegar
- 1 tablespoon** vegetable oil
- 1 tablespoon** mustard (Dijon or other)
- 1 teaspoon** garlic powder
- 1/2 teaspoon** dried oregano
- 1/2 teaspoon** dried basil
- 1/8 teaspoon** nutmeg (optional)
- 2 cups** spinach (washed)
- 1 1/2 cups** black beans (unsalted, fat free)
- 2** tomatoes (chopped)
- 1** red onion (small, chopped)

Directions

1. In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil and nutmeg.
2. Wash, drain and chop spinach.
3. Add spinach, black beans, tomatoes and onions to vinegar and oil. Toss well and serve.

Notes

Top your salad with other vegetables (mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions etc.)

Add cooked chicken, egg or tuna for more protein!

Add cubes of cheddar, Swiss or smoked Gouda cheese.

Fruit makes a great addition- try dried cranberries,

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	5 g	8%
Protein	9 g	
Carbohydrates	28 g	9%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	160 mg	7%

cherries, raisins or apricots or fresh berries in season.

Connecticut Food Policy Council, Farm Fresh Summertime Recipes