

Spinach and Carrot Salad

Recipe from Mary Bowman's Bastyr Whole Foods class

Servings: 4

Ingredients:

- *Zest of ½ a lemon*
- *2 Tbl. lemon juice*
- *2 Tbl. rice vinegar*
- *3 Tbl. canola oil*
- *2 Tbl. honey*
- *½ tsp. dry mustard powder*
- *½ tsp. sea salt*
- *2 tsp. poppy seeds*
- *1 medium to large carrot, grated*
- *1 bunch spinach, washed, dried and torn*
- *1/3 c. sunflower seeds, toasted*
- *¼ c. Italian parsley, chopped*

Directions:

1. Combine the first eight ingredients, mix well.
2. Grate the carrot.
3. Toss the carrot, spinach, sunflower seeds, and parsley together in a large bowl.
4. Pour dressing over salad and mix gently to combine.

Nutrition: (Serving size: ¼th recipe)

<i>calories: 239</i>	<i>protein: 5.2g</i>	<i>total carbohydrate: 18.6g</i>	<i>total fat: 18.1g</i>
<i>sugars: 10.9g</i>	<i>sodium: 522mg</i>	<i>dietary fiber: 4.1g</i>	<i>saturated fat: 1.6g</i>