

Layered Spinach Salad

Ingredients:

- 1 pound spinach leaves, torn
- 8 ounces mushrooms, whole
- 1 onion
- 2 cucumbers
- 2 tomatoes
- 1/2 cup low-fat mayonnaise
- 1/2 cup parmesan cheese, grated
- 1/4 cup milk
- 1 1/2 teaspoons dill weed
- 1 1/2 teaspoons lemon pepper
- 1 teaspoon onion powder

Equipment:

- Cutting board
 - Knife
 - Measuring cup
 - Measuring spoons
- Number of Servings: 8
 Prep Time: 30 minutes
 Total Time: 1-24 hours

Directions

1. Tear spinach into bite size pieces, layer on bottom of a large bowl.
2. Rinse mushrooms off under cool water and use a soft vegetable brush to remove any dirt, and pat dry. Remove stem from mushroom and slice, throwing away any tough parts. Lay tops on cutting board with the gill side up. Slice across top into 1/8th inch slices. Layer in bowl.
3. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Layer in bowl.
4. Wash and cut ends off of cucumbers. Cut into slices, stack and cut into quarters. Layer in bowl.
5. Wash tomato under running water and pat dry. To cut the core out of the tomato, place the tomato with the core up on the cutting board. Hold the tomato with one hand and insert a small, sharp paring knife into the tomato, next to the stem and just outside the core. Hold the knife steady while cutting. Point the knife at an angle towards the center of the tomato and create a full circle by rotating the tomato as you cut just around the stem. Pop out the core with the end of the knife. Turn tomato on its side and slice into 1/4 slices. Take half the slices and cut them across, turn and across again to get diced tomatoes. Repeat for other half. Layer on top of vegetables.
6. To make salad dressing, add mayonnaise, cheese, milk, dill weed, lemon pepper, and onion powder in a jar and shake until mixed well.
7. Pour on top of vegetables. Chill for at least an hour or overnight for flavors to blend.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts	
Serving Size: 1 1/2 cups	
Servings: 8	
Amount Per Serving	
Calories 72	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	6%
Cholesterol 5mg	2%
Sodium 200mg	8%
Potassium 569mg	16%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Protein 5g	10%
Vitamin A 63%	Vitamin C 40%
Iron 11%	Calcium 44%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.