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

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.
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.