



SPINACH AND BLUEBERRY SALAD WITH LEMON BASIL DRESSING

Yield: 2 servings

Ingredients:

- ❖ 4 cups baby spinach
- ❖ ½ cup organic blueberries
- ❖ ½ cup cooked black lentils (Trader Joe's has cooked lentils)
- ❖ ¼ cup chopped walnuts
- ❖ Mix all ingredients in a bowl and dress



Dressing:

- ❖ 1 tablespoons apple cider vinegar
- ❖ ¼ cup olive oil
- ❖ ⅛ teaspoon garlic, minced
- ❖ Zest and juice of one lemon
- ❖ 1 tablespoon chopped basil
- ❖ Salt and pepper to taste

Procedure:

- Whisk all ingredients together and dress your salad.