SPINACH SALAD

INGREDIENTS

1 large bag of spinach leaves, washed and torn into bite-sized pieces
2 hard-boiled eggs, peeled and quartered
2 carrots, peeled and grated

Optional garnishes:
1 apple, chopped
1 beet, peeled and shredded
sunflower seeds, toasted

For the dressing:
½ cup olive oil
¼ cup balsamic vinegar
1 clove garlic, grated on a microplane or use a garlic press
½ to 1 teaspoon salt to taste
1 tablespoon brown sugar to taste

METHOD

Toss salad ingredients and any optional garnishes in a large bowl.

Put dressing ingredients in a jar with a tight-fitting lid and shake vigorously to combine.

Pour just enough dressing on the salad to lightly coat. Serve immediately.