

# 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.