



Issue # 513

July 15, 2014

Spinach in the Spotlight

Spinach is a leafy green high in vitamins A and C, iron and folate. And it will give your diet a boost with fiber and a variety of cancer-protective phytochemicals like carotenoids. It's also one of the most versatile greens and works well with all sorts of salad combinations. Try it with the heat of roasted poblano peppers and sweet-tart lime and honey dressing in this recipe.

Mexican Spinach Salad

Dressing

1 tsp. honey
1 Tbsp. fresh lime juice
1 tsp. apple cider vinegar
1/4 tsp. salt
1 Tbsp. canola oil

Salad

3 Tbsp. raw pumpkin seeds
1 poblano chile pepper
6 cups baby spinach
3 Tbsp. finely crumbled reduced-fat feta cheese
1/2 cup baked corn chips

For dressing, in small bowl, whisk honey, lime juice, vinegar and salt until salt dissolves. Whisk in oil. Set dressing aside for up to 1 hour, remixing it before using.

Set small, heavy skillet over medium-high heat for 1 minute. Add pumpkin seeds to dry pan. Slip your hand into oven mitt, and lift pan, moving it in circular motion over heat to keep seeds moving so they do not burn. When many seeds are golden and some have popped, about 2 minutes, spread them on dinner plate to cool.

Using tongs, hold pepper over open flame and turn it until skin is charred all over, about 4 minutes. May also char pepper under broiler or over outdoor grill. When pepper is cool enough to handle, with your fingers, slip off charred skin. Halve pepper lengthwise, and use small knife to remove seeds and ribs. Chop half the pepper; set other half aside for another use.

In large salad bowl, place spinach. Add chopped poblano. Just before serving, pour on dressing and toss to coat spinach and pepper. Sprinkle on toasted pumpkin seeds and feta. A few at a time, lightly crush corn chips over salad. Toss, and divide salad among 4 individual salad bowls.

Makes 4 servings.

Per serving: 130 calories, 8 g total fat, (1.5 g saturated fat), 12 g carbohydrate, 4 g protein, 3 g dietary fiber, 210 mg sodium.