






Avocado Strawberry Spinach Salad

Contributor:

Source [Living Plate](#)

 Prep time	 Total time	 Meal type	 Servings
5 minutes	5 minutes	Lunch, Side	4

Ingredients

- 5 oz spinach
- 1/2 lb strawberries, *sliced*
- 1 avocado, *diced*
- 1/2 red onion, *sliced*
- 1 Tbs balsamic vinegar
- 2 Tbs olive oil

Directions

Prep

1. Cut strawberries, avocado, and red onion.

Make

1. In a large bowl, toss spinach, strawberries, avocado, and onion; drizzle with balsamic and olive oil.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories 175	
% Daily Value*	
Total Fat 14g	19%
Saturated Fat 2g	10%
Trans Fat N/A	
Cholesterol N/A	0%
Sodium 34mg	1%
Total Carbohydrates 12g	4%
Dietary Fiber 6g	20%
Total Sugars 4g	
Protein 3g	
Vitamin D N/A	0%
Calcium 54mg	4%
Iron 2mg	9%
Potassium 553mg	12%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Notes

Make this salad your own by adding your own homemade dressing!

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database.

Each 'NA' indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only



Lemony Spinach Zucchini Sauté

Contributor:

Source [Living Plate](#)

 **Prep time**

5 minutes

 **Total time**

15 minutes

 **Meal type**

Side

 **Servings**

4

Ingredients

- 2 Tbs olive oil
- 4 zucchini, *sliced into half circles*
- 6 cup spinach, baby
- 1 lemon, *juiced and zested*
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Slice zucchini.
2. Zest and juice lemon.

Make

1. Add olive oil to skillet
2. Over medium heat, add zucchini and saute for 4 minutes.
3. Add spinach and cook until wilted.
4. Add lemon juice and zest. Cook until at least half the juice evaporates.
5. Season with salt and pepper.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	78
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat N/A	
Cholesterol N/A	0%
Sodium 36mg	2%
Total Carbohydrates 3g	1%
Dietary Fiber 2g	6%
Total Sugars 1g	
Protein 2g	
Vitamin D N/A	0%
Calcium 52mg	4%
Iron 1mg	8%
Potassium 345mg	7%

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Pan-Seared Lemon Pepper Salmon with Spinach

Contributor:

Source [Living Plate](#)

 Prep time	 Total time	 Meal type	 Servings
10 minutes	10 minutes	Lunch, Dinner	4

Ingredients

- 1 1/2 lb salmon, *cut into fillets*
- 1 Tbs olive oil
- 2 lemons
- 2 tsp pepper, *freshly ground*
- 2 cup spinach

Directions

Prep

1. Zest and juice 1 lemon. Cut one into wedges for serving
2. Whisk together olive oil, lemon juice, and 2 teaspoons of zest.
3. Brush salmon with this mixture and sprinkle with pepper.

Make

1. Heat a medium non-stick skillet on medium heat. Drizzle with oil.
2. When pan is hot, place salmon fillets in the pan skin side down. Cover the top and let them cook for 4-5 minutes until cooked throughout. Flip them over for a few seconds to brown the top.
3. Remove from pan and add spinach - heat over low until just wilted.
4. Serve salmon over spinach with lemon wedges.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	399
% Daily Value*	
Total Fat 26g	34%
Saturated Fat 6g	28%
Trans Fat N/A	
Cholesterol 94mg	31%
Sodium 113mg	5%
Total Carbohydrates 4g	2%
Dietary Fiber 2g	5%
Total Sugars 1g	
Protein 36g	
Vitamin D N/A	0%
Calcium 44mg	3%
Iron 1mg	7%
Potassium 760mg	16%

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Notes

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Spinach and Tomato Sheet Pan Frittata

Prep Time 10 mins
Total Time 25 mins
Meal Type Breakfast,Lunch,Dinner,Side
Contributed By **LivingPlateRx**
Source Living Plate Teaching Kitchen



Servings 4

Ingredients

lb,c g,ml

- 1 cup Sun-dried Tomatoes, *drained and chopped*
- 4 cups Spinach, *Chopped*
- 1/2 tsp Garlic Powder
- 1 tsp Oregano, dry
- Cooking Spray
- 12 Eggs, large
- 1 cup Feta Cheese, *Crumbled* (Optional)
- Salt, *to taste*
- Black pepper, *to taste*

Directions

Prep

1. Drain and rinse sun-dried tomatoes if using canned. Chop.
2. Wash and chop spinach.
3. Preheat oven to 425° F.
4. Line sheet pan with parchment paper.

Make

1. Line a 9" x 13" rimmed sheet pan with parchment paper then lightly coat with cooking spray. Place the sun-dried tomatoes and spinach on the pan and then sprinkle with garlic, oregano, salt, and pepper. [You can also use an Italian Herb Blend].
2. In a small bowl whisk together the eggs. Pour the eggs over the vegetable mixture. Top with feta cheese, if desired.
3. Bake for 10-15 minutes or until eggs are set.
4. Season with salt and pepper to taste.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories	351	Total Fat 22.7g	34%	Total Carbohydrates 11g	3%
		Saturated Fat 9.7g	48%	Dietary Fiber 2g	7%
		Trans Fat 0.0g		Total Sugars 6g	
		Cholesterol 591mg	197%		
		Sodium 655mg	28%	Protein 26g	
Vitamin D 3mcg 31% · Calcium 291mg 29% · Iron 4mg 23% · Potassium 703mg 14%					

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