

SPINACH SALAD

- Fresh bag of baby spinach
- 5 fresh mushrooms
- 2 oz. red cabbage
- 1 large avocado
- 1 small bell pepper
- 1 tomato

Slice bell pepper and tomato into small pieces

Take 5 fresh mushrooms and chop into small pieces

Chop 2 oz. of red cabbage

Chop one large avocado

Mix all together

Dressing:

- 1 tablespoon of olive oil
- 1 teaspoon of vinegar
- 1 teaspoon of fresh lemon
- parsley
- black olives

Add diced parsley

Mix the dressing into the salad

Dress the salad with pitted black olives

If you prefer you can add capers as well



Roland
Yakoubov