



## Chopped Veggie Salad

**Active Time:** 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

### Nutrition Information Per Serving

199.7 calories, 11.8 g carbohydrate, 4.26 g fiber, 7.54 g NET carbs, 5.21 g protein, 16.65 g fat

#### Ingredients

- 1 medium cucumber, peeled, seeded and chopped
- 2 medium(s) organic scallions, chopped
- 1 1/2 Tbsp(s) fresh, flatleaf parsley, chopped
- 1 medium organic green pepper, seeded and chopped
- 2 medium(s) organic tomatoes, seeded and chopped
- 2 whole(s) fresh organic lemon juice
- 1/4 tsp(s) freshly ground black pepper
- 2 Tbsp(s) organic extra virgin olive oil
- 2 ounce(s) organic walnuts, chopped
- 8 ounce(s) organic spinach, chopped
- 1 pinch sea salt
- 2 Tbsp(s) fresh mint, chopped

#### Preparation

1. Add lemon juice, olive oil, salt, and pepper to a small dish. Whisk to combine.
2. Add spinach, tomatoes, pepper, cucumber, scallions, mint and parsley to a nonreactive bowl.
3. Drizzle with dressing, and toss to combine.
4. Separate salad onto serving dishes, top with walnuts, and serve.

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