



Korean Spinach & Sesame Seed Salad

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

Nutrition Information Per Serving

98.2 calories, 6.21 g carbohydrate, 3.66 g fiber, 2.55 g NET carbs, 4.86 g protein, 7.29 g fat

Ingredients

- 2 package(10oz)(s) organic spinach
- 1/2 tsp(s) sea salt
- 2 Tbsp(s) sesame seeds
- 4 tsp(s) organic toasted sesame oil

Preparation

1. Blanch the spinach for 10-15 seconds in boiling purified water.
2. Plunge into cold water.
3. Gently squeeze the water out.
4. Roughly chop the spinach in and place in a medium bowl.
5. Add the sesame oil and salt.
6. Toss to blend.
7. Sprinkle sesame seeds on top and serve.

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