



Baby Spinach Salad With Creamy Dijon Dressing

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

Nutrition Information Per Serving

255.3 calories, 9.25 g carbohydrate, 4.36 g fiber, 4.89 g NET carbs, 2.94 g protein, 25.08 g fat

Ingredients

- 1/2 packet(s) SweetLeaf Stevia Plus Sweetener
- 4 Tbsp(s) Primal Kitchen Mayonnaise
- 1 cup, cubes organic avocado
- 1/3 medium(s) organic red onion, thinly sliced
- 1 whole, large organic yellow bell pepper, seeded and sliced
- 1/4 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper
- 6 cup(s) fresh organic baby spinach
- 1 1/2 Tbsp(s) organic raw apple cider vinegar
- 1/2 tsp(s) organic Worcestershire sauce
- 2 Tbsp(s) organic Dijon mustard
- 2 Tbsp(s) organic avocado oil

Preparation

1. In a small bowl, whisk together the avocado oil, mayonnaise, mustard, vinegar, stevia, salt, pepper, and Worcestershire sauce. Refrigerate dressing until ready to serve.
2. Place the spinach in a large salad bowl.
3. Top with the bell pepper, onion, and avocado pieces.
4. Drizzle the dressing over the salad. Serve

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