

# PEACHY SPINACH SALAD WITH HONEY BALSAMIC DRESSING

Peachy Spinach Salad with Honey Balsamic Dressing

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium*

*Serves: 3*

## **Nutrition (per serving)**

Calories: 336	Total Carbohydrate: 14
Total Fat: 28 g	Dietary Fiber: 3 g
Saturated Fat: 4 g	Protein: 9 g
Sodium: 373 mg	

## **Ingredients**

### *Dressing*

- 1 clove garlic, minced
- 1 Tablespoon balsamic vinegar
- 1/4 cup extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 2 teaspoons honey
- 1/2 teaspoon ground black pepper

### *Salad*

- 9 cups fresh spinach leaves, coarsely chopped
- 3 peaches, diced
- 1/3 cup finely chopped red onion
- 1.5 ounces chopped honey roasted almonds
- 6 strips turkey bacon, cooked crisp and chopped

## Directions

1. Place all dressing ingredients in a small bowl and whisk together.
2. Combine all salad ingredients in large bowl, add salad dressing and toss to coat evenly.