

Herbal Legacy Recipes

Spinach Salad

Contributed by Claudine Benson

1. Combine

1/2 bag baby spinach leaves
1/2 head romaine lettuce, torn
1/2 head Napa cabbage, cut

2. Add any of the following

2 Gala apples, cored & sliced
Red grapes, sliced in half
Cran-raisins
Mandarin oranges
Nectarines, sliced
Sunflower seeds

3. At serving time, add

Toasted almonds (or plain)
Raspberry Poppy Seed Dressing



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