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**SPINACH WALNUT SALAD**  
2 servings

**Dressing Ingredients:**

1 tablespoon olive oil  
1 tablespoon white wine vinegar  
1 teaspoon honey  
Dash of cayenne pepper  
Salt and freshly ground black pepper (optional)

**Salad Ingredients:**

1 large bunch spinach, washed and trimmed  
1/4 cup walnut halves, plain or pan roasted (beware of smoke detector sounds if you do this like Dr. Mike and answer the phone when it rings, and forget what is in pan roasting)  
1/2 orange, cut into segments  
1/2 grapefruit, cut into segments  
2 green onions, chopped

Combine oil, vinegar, honey and cayenne pepper; mix well. Season to taste with salt and pepper, if desired. Toss spinach with dressing and walnuts. Arrange orange and grapefruit sections on top and garnish with green onions.

**Source: YOU: On a Diet**

**What's In It for You**  
(per serving)

**Daily calories** 254

Total fat (g) 16.04

Saturated fat (g)

1.85

Healthy fats (g)

13.18

Fiber (g) 8.35

Carbohydrates (g)

24.53

Sugar (g) 12.18

Protein (g) 10.2

Sodium (mg) 204.4

Calcium (mg) 296.6

Magnesium (mg)

232.75

Selenium (mcg) 3.6

Potassium (mg)

1680.65

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