



## *Healthy Eating & Weight Loss*

### **Warm Spinach Salad**

- 1 - 10 oz bag spinach, washed and trimmed
- 1 small red onion, sliced
- 4 radishes, sliced
- 4 slices turkey bacon, cooked and crumbled
- 1/4 cup honey
- 2 teaspoons Dijon Mustard
- 1/4 cup red wine vinegar
- 2 Tbsp crumbled blue cheese
- 4 eggs, hardboiled and sliced with yolks discarded

Combine spinach, onion, radishes and bacon in a salad bowl

Warm the honey and mustard in a small nonstick skillet until liquified, about 2 mins. Stir in vinegar and cook until steaming, about 1 minute. Pour dressing over salad and toss to coat.

Divide into 8 servings. Sprinkle some blue cheese and 1/2 egg on each

**125 calories per serving, 12 g protein**

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