



# Fresh Spinach and Cilantro Salad

**Servings:** 8  
**Serving Size:** 1 cup

## Ingredients:

- 1 (16 ounce) prewashed bag of spinach or 1 bunch of spinach, washed
- 1 (15 ounce) can beans, rinsed and drained (use kidney, cannellini, or black beans)
- 4 medium tomatoes, washed and chopped
- 1 medium onion, thinly sliced
- 2 cups cilantro, washed and chopped
- 1 tablespoon vegetable oil
- 1 lemon
- 1 lime
- 2 cups low-fat Feta cheese, crumbled or Monterey Jack or Cheddar cheese, shredded
- 1 cup baked tortilla chips, lightly crushed

## Directions:

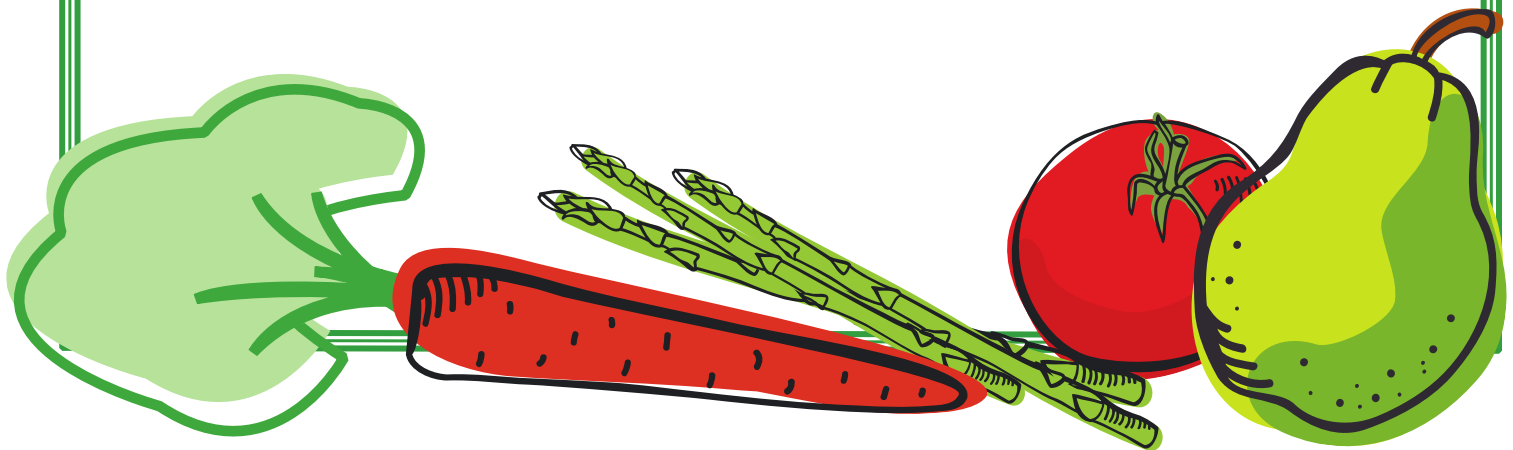
1. Place all vegetables in a large salad bowl.
2. Squeeze the juice of the lemon and lime into the bowl and drizzle with oil.
3. Toss salad until all vegetables are well coated.
4. Sprinkle cheese and tortilla chips on top and serve.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 860mg</b>	<b>36%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 7g	28%
Sugars 3g	
<b>Protein 13g</b>	
Vitamin A 50%	Vitamin C 40%
Calcium 20%	Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4



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