

chef penny's spinach chopped salad

SERVES 1 • READY IN 10 MINUTES OR LESS

PHASE 1



Chop and julienne all your vegetables and place in a bowl. Toss the vegetables and dressing together.

Top off with IP garlic parmesan croutons. Serve and enjoy!

Ingredients:

- 1 cup spinach, finely chopped
- ½ cup radicchio, finely julienned
- ½ cup endive, finely julienned
- ½ cup mushrooms, sliced
- ¼ cup red bell pepper, julienned
- ¼ cup red onion, diced
- 1 tbsp Ideal Protein dressing (italian vinaigrette or honey dijon)
- Ideal Protein garlic parmesan croutons



“This is the easiest and lightest winter salad you’ll make!”

- Chef Penny