

Betty's Single Serving Spinach Salad



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In this video, Betty demonstrates how to make a Single Serving Spinach Salad. The purpose of this video is to show how you can use a reasonably well-stocked refrigerator and pantry to put together a healthy, restaurant-quality green salad using ingredients on hand.

Ingredients:

(Use the amount desired of any or all of the following categories in order to fill one salad plate or bowl.)

Categories:

1. spinach leaves, rinsed and dried (You may substitute iceberg, Romaine, redleaf, bibb, endive, or other lettuce or mixture of greens.)
2. broccoli florets (Other choices are cauliflower florets, green or red pepper strips, cucumber slices, cherry tomatoes, yellow or zucchini squash slices, chopped celery, radish slices, purple or green onion, and many more.)
3. dried cherries and berries (Other options are raisins, cranberry raisins, chopped dates, and other dried fruits of your choice.)
4. ½ banana, sliced (Use available fresh fruit, perhaps strawberries, blueberries, pineapple, mandarin oranges, mango, kiwi, grapes, apples, pears, and many others.)
5. cheddar-mozzarella cheese, cubed (You may use a favorite cheese, such as Swiss, Monterey Jack, bleu, feta, mozzarella, cheddar, any cheese you like.)
6. Sweet and Hot Mixed Nuts (You will find a recipe for these in [bettyskitchen](#), but you may substitute individual nuts that you like, such as peanuts, almonds, Brazil nuts, cashews, English walnuts, macadamia nuts, or other nuts.)

Dressing:

chilled Versatile Catalina Dressing (Recipe is available in [bettyskitchen](#), although you may choose another type of dressing, either bottled or homemade.)

On a large salad plate, choose items as desired from categories 1 -- 6 above, and arrange them in concentric circles, ending with nuts in the center. Drizzle with Versatile Catalina Dressing and serve immediately. With this recipe, you have endless possibilities, and I think you will enjoy them all! --Betty :)