

Exclusively for Buddig Lunch Club Members

Beefy Spinach Salad

Ingredients:

6 cups fresh spinach, cleaned, torn into bite size pieces
1 can (15 oz.) mandarin oranges, drained
3 packages (2 oz. each) Buddig Sliced Beef, cut into strips
2 cups sliced fresh mushrooms
1 small red onion, thinly sliced into rings
1/2 cup bottled light raspberry vinaigrette
Croutons, if desired

Directions:

Combine all ingredients, except salad dressing and croutons, in large salad bowl. Toss with raspberry vinaigrette just before serving. Top with croutons, if desired.

Nutritional Information:

Calories per serving (1/4TH of salad) 201; Calories from Fat 73; Total Fat 8g; Saturated Fat 2g; Trans Fat 0g; Cholesterol 30mg; Sodium 798mg; Total Carbohydrate 25g; Dietary Fiber 3g; Protein 11g

Makes 4 Servings



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