

### **Sweet-Sour Spinach Salad**

6 oz bag baby spinach  
3 oz part-skim mozzarella , cubed  
2 strips Hemplers bacon, cooked crisp  
1/3 c olive oil  
¼ c honey  
3 T cider vinegar  
1 t dried onion  
1 t Worcestershire sauce  
¼ t salt

Place spinach in very large bowl & top with cubed cheese. Crumble bacon on top. In separate small bowl, whisk together remaining ingredients. Just before serving, pour dressing over spinach and toss.  
6 servings – each 208 calories

### **Spinach Pasta Salad**

8 c fresh spinach, chopped  
6 oz whole wheat macaroni pasta  
½ c shredded parmesan cheese  
3 T olive oil  
3 T fresh-squeezed lemon juice  
1 clove garlic, minced  
¼ t salt  
1 can white beans, drained

Place spinach in large bowl. Cook pasta according to package directions. Drain pasta and run cool water over pasta until no longer hot. Add pasta to spinach along with parmesan. In small bowl, whisk together oil, juice, garlic and salt. Pour over spinach mixture. Gently stir in beans.  
6 servings – each 268 calories

### **Oven-roasted Veggies**

4 medium red potatoes, diced  
2 large carrots, peeled & julienned  
1 red pepper, julienned  
½ lb fresh green beans  
¼ c olive oil  
¼ c balsamic vinegar  
1 t dried thyme  
½ t salt  
¼ t ground pepper

Grease large baking sheet . Place potatoes, carrots, pepper and beans in large bowl. In small bowl, whisk together the remaining ingredients. Pour dressing over veggies and toss. Spread the veggies onto baking sheet. Bake at 425 degrees for 30 minutes.  
6 servings – each 183 calories