Spinach Cucumber Dill Salad

Ingredients:

- 1 bag (9 oz) spinach, or 1 bunch
- 3 cucumbers
- 5 sprigs fresh dill
- 5 large basil leaves
- 1 Tbsp apple cider vinegar
- 2 Tbsp olive oil

Juice of 1/4 lemon

3 avocados

Salt and pepper, to taste



Directions:

- 1. Rinse greens and pat dry with paper towels. Chop into smaller pieces, if desired.
- 2. Slice cucumbers into quarters, and then chop into small pieces
- 3. Pull dill leaves from stalk and mince. Chop basil.
- 4. Peel and slice avocado.
- 5. Combine everything in a bowl, tossing to evenly coat with vinegar, oil and lemon juice.
- 6. Salt and pepper to taste.





Jane Rapin, RD, CDE Community Nutrition Instructor 231-922-4858 rapinjan@msu.edu

Michelle Smith, RD231-922-4823Community Nutrition Instructorsmithmmk@msu.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.