

Spinach Salad



INGREDIENTS:

◆5mL	1tsp EACH	Salt and Italian herb seasoning
◆1ml	1/4 tsp	Garlic Powder
◆15ml	1 Tbsp	honey
◆30ml	2 Tbsp	cornstarch
◆250ml	1cup	water
◆125ml	1/2 cup	Lemon juice
◆2000ml	8 cups	Spinach (torn or cut into bite-size pieces)
◆750ml	3 cups	Cauliflower (thinly sliced)
◆125ml	1/2 cup EACH	Red onion (thinly sliced or chopped) and Red sweet pepper

DIRECTIONS

COMBINE salt, Italian herb seasoning, garlic powder, honey, cornstarch and water. **COOK** over medium heat until thick, stirring constantly. **ADD** lemon juice. **COOL** while preparing remaining ingredients. **TOSS** together just before serving. You may substitute Romaine Lettuce for the spinach if desired.