



Any Season Spinach Salad

Baby Spinach stems removed-2 to 4 bags

1/2 cup-1 cup Low Fat cottage cheese

1/2 cup Pecans

Strawberries or raspberries

Dressing (Whisk or Shake)

1/2 cup Low fat sour cream or plain yogurt

1/2 cup Sugar (or less)

3 tablespoon red wine vinegar

2 teaspoon horseradish sauce

1/2 teaspoon dry mustard

1/4 teaspoon salt

Toss all ingredients right before serving. Start with a small amount of dressing and cottage cheese,; add more to the consistency you prefer. You may not need all the dressing. Add raspberries or sliced strawberries.

Enjoy!